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VOL. IX.

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THE DIETETIC REFORMER.

TWOPENCE MONTHLY.

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1882.

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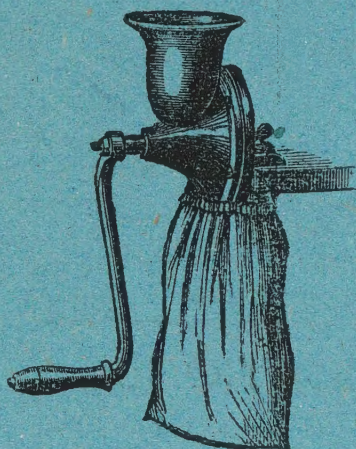
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Archd. Morrison	3	6	Mrs. Stanley	2	6	T. Baker	5	..
J. Slyfield	5	..	Miss M. E. Rogers	2	6	A. E. Hunter	5	..
W. J. Eltham	5	..	T. W. Platten	10	..	*A. Smith	5	..
W. R. Brook	10	6	A. Hatley	3	..	H. Graham	2	6
E. G. Rose	2	6	Jos. Wilkinson	3	..	G. Taylor	2	6
Miss King	10	..	Mrs. Oldham	10	..	J. C. Wright	5	..
Miss Boecker	2	6	N. Vipond, jun.	4	..	R. P. Dawbarn	5	..
J. Naylor	6	..	*F. C. Burgess	2	6	"E. H."	5	..
Miss Owler	3	6	Mrs. Watts	5	..	A. Mitchell	5	..
*J. W. Little	2	6	Miss Newton	5	..	G. A. F. Spencer	2	6
H. Ray, jun.	2	6	S. Bottomley	5	..	do. s.f.	2	6
R. Kershaw	5	..	Rev. G. Baker	2	6	W. H. Wolff	2	6
Mrs. Granger	5	..	*C. Brown & Co	2	6	J. Lea	5	..
Rev. J. Green	2	6	W. F. Crowther	5	..	Mrs. Horsley	2	6
Wm. Ellis	3	..	J. Walton	3	..	"E. P. C."	19	..
Geo. Mansfield	3	..	J. Dyche	2	6	F. Hartmann	2	6
Mrs. H. Thompson	2	6	Mrs. Dyche	2	6	A. Wardle	3	6
do. s.f.	2	6	W. L. Turner	2	6	Mrs. Jones	2	6
Rev. G. Thompson	2	6	S. Clark	2	6	H. Boden	2	6
C. Bottoms	3	..	Thos. Smith	2	6	*J. Brimson	2	6
T. W. Wilson	3	6	† United States, per Rev. J.			*Wm. Spray	2	6
G. Musgrave	2	6	N. Loughborough—			J. Simpson	2	6
Mrs. Faunt	5	..	†R. G. Lockwood	4	..	J. Adams	5	..
Robt. Hunter	5	..	†Eld. I. Fargo	3	..	A. Jelley	3	..
T. Cook	5	..	†J. Trotman	3	..	J. Moore	5	..
W. J. Begg	2	6	†Harmon Lindsay	3	..	J. Bishop, M.D.	10	6
						J. T. F. Bishop	10	6
						A. Love	10	..

THE DIETETIC REFORMER,

AND

Vegetarian Messenger.

CXXII.—NEW SERIES.]

1ST FEBRUARY, 1882.

[PRICE TWOPENCE.]



THE work of the present year begins to open upon us in serious reality. We look forward to at least one May Conference—that at Birmingham. An International Vegetarian Congress is suggested by Dr. de Coleville, of Brighton, attended by members of the Vegetarian Societies of Germany, Switzerland, and France, and we hope also of the United States.

Though unable yet to say whether it may be entirely possible this year to realise this large idea, we mention it, as among our forecasts, and must leave final announcement to future numbers. We are also looking forward to the Society's anniversary in October, which we hope will be productive of not a few features of interest and new developments. These things lay upon our few workers a very severe strain, and we can only hope that our friends throughout the country will second our efforts. Our new friends too, we trust, will make our work known, and do their part to realise the anticipation of the most successful year we have had ; but to do this will require all canvas spread, and a strong pull together on the part of friends and helpers everywhere.

OUR readers will find in another column one or two notices of the successful social meeting held at the Association Hall, Manchester, on Saturday afternoon, January 14th. There was an excellent muster of about fifty, many objects of interest were exhibited, and on the whole we have not seen a brighter meeting for some time ; while not a few friends from considerable distances added to the pleasure of Miss Boecker's reception. A pleasant meal was laid out by Mr. Valentine, head of the catering department, including we don't know how many kinds of stewed fruits, breads, especially Mr. Platt's excellent brown bread, brown scones, white scones, &c. ; while Mr. Baillie, of Chester, sent a welcome contribution of flowers. We hope to succeed in providing similar pleasant gatherings for the months of February, March, and April. But one cloud hung, half-discerned, over the meeting, the sense of the recent loss of the Rev. Wm. Bennett, of Heywood, which occurred on the 10th January. Next month we must refer to this at greater length.

ONE of the healthiest signs of improvement is the attention now given by many of our friends to using a sound bread. Many grind for themselves, using one of the domestic wheat mills advertised on our cover. Others, who cannot do this, select some food store, where they can always be sure of finding clean and well-selected wheat, ground or unground, and so secure for themselves always the prime requisite of a sound home-made bread. Few northern friends have been more successful than Mr. Dunn, of West Hartlepool, in providing a clean, reliable wheat, and grinding it, to supply those among our friends who entrust him with their commissions. Thus a Derbyshire clergyman writes to Mr. Dunn: "I have always found the quality of your wheat excellent." Another customer (Stockton) refers to the wheat-meal as "the best we ever had," and asks for more. Another, a wholesale grocer (Bishop Auckland), bears testimony to the "uniform good quality of your entire wheat-meal," having previously tried other kinds with disappointment. Mr. Dunn is thus rewarded for the care he bestows in the selection and preparation of wheat, wheat-meal, and bread. We have again tried the latter, and can confirm all that is said in its favour. We wish Mr. Dunn all success in his business. He is truly carrying on a ministry of health. We want a Mr. Dunn in every town.

WE referred last month to a paper which was read on "Diet: its Moral and Spiritual Aspects," by Dr. Anna Kingsford, at the Somerville Club, November 15th, 1881. We have since seen it inserted in the *Medium and Daybreak*, of December 16th. The paper is one of great merit, and so excellent in all its parts, that to do it justice would be to reproduce it entire, if space permitted. We must not fail, however, to indicate the lines of thought which received able discussion in a style no less elegant than forcible. Dr. Kingsford showed that—

While the difficulty of reconciling the perceptions and aspirations of man's spiritual nature with the supposed necessities of his physical organism was a common enigma to thoughtful minds; still, of late years, "*humanity*" was an attribute which seems to have done something in ameliorating the condition of both man and beast—of securing justice to all God's creatures. Various associations, institutions, and enactments, with which we are now familiar, tell what has been achieved in favour of dumb creatures and the rights of all. All such efforts are evidences of a process of *Spiritualisation* going on; and the writer does not hesitate to say that all these have their crown and culminating point in the Vegetarian Society.

Vegetarianism, on its moral and spiritual side, is a growth and development; and is a return to nature on its physical plane. The comparative analysis of foods, vegetable and animal, demonstrates the fact that not only are the fibrin, albumen, and casein of vegetable products identical in character with those of animal products, but that some of the former in nutritive value surpass by a great deal the richest animal flesh. Besides, a whole group of substances, viz., the carbohydrates, starch, sugar, and their

cognates, necessary to man, exist in vegetable which are not found in animal substances, as shown by Dr. Playfair. Of course man is not expected to do the impossible in regard to the purity of his food; but where civilised colonisation can go on, and where man can live *as man*, climate is no insuperable difficulty.

But, again, the intuitions of the moral nature must not be ignored. What of the wisdom and goodness of God, and the instincts of humanity? How reconcile his ways with our views and hopes? The least of the Divine Father's children have not only their sufferings, but their claims and rights. Happily there is a *perfect way of life* into which all other paths converge. Let a man settle this matter with his *conscience*, as well as with reason. Let the sentiments of love and justice have sway. Let man act on his Divine Ideal.

"PASTEUR AND JENNER: an Example and a Warning," by Dr. J. J. Garth Wilkinson, is one of the ablest papers we have seen on this painful controversy. A friend calls our attention to Dr. Wilkinson's verdict on the Pasteur process, as one which "deteriorates the constitution of all domestic creatures," and which "communicates the grave diseases of some animals to others which have them not." Arguing from this "physiological certainty," Dr. Wilkinson predicts a "decay," which is to result from "the commixture and co-hospitaling of all diseases in each organisation," which will, he says, "furnish a strong reason for Vegetarianism, and for getting rid of domestic animals altogether; and then Pasteur will have no flocks to corrupt. Otherwise the contaminated animals, if eaten, must give a new subsoil of virus to all human diseases; unless we choose to hold with Sir Thomas Watson, that calves hugely vaccinated, a whole flank in pustules, are in a few weeks 'none the worse,' but may be butchered for human food."

UNDER the title of "Man a Fruit-Eater," Mr. Richard A. Proctor's new journal "Knowledge; an Illustrated Magazine of Science," for 2nd December, has the fairest and most appreciative notice we have seen of Mrs. Kingsford's book, "The Perfect Way in Diet." Our mention of the fact affords us an opportunity, which we hasten to accept, to welcome the appearance of a journal which has at once and deservedly taken a high place, and whose claims to the scientific character cannot be questioned. How fairly Mrs. Kingsford's views are treated, though without either endorsement of her position or laudation of her work, an extract will show:—

"Are we then to infer, with our author, that a diet of fruit and seeds, preferably uncooked, is best for the human race? Or, if we infer this, may we conclude that all would do well to adopt such a diet? It might be unsafe to accept the latter inference, for habit and custom count for something in such matters. But we may very safely adopt the opinion, now generally prevailing among experienced physicians, that fruit and seed, herbs and vegetables should form a larger proportion of our food than they do. Precisely as many who do not accept, in its entirety, the view of Dr. Richardson about

alcoholic stimulants, yet hold that these stimulants, if taken at all, should be taken in much smaller quantity than is customary, so, many who would not agree with Mrs. Kingsford, that animal food should be entirely displaced (which is Dr. Richardson's opinion also), yet see that it would be well if flesh-meat were taken in much less quantity than at present. How much custom has to do with the use and effects of flesh-meat, is shown by such cases as Mrs. Kingsford mentions, in which persons unaccustomed to flesh-meat have been actually intoxicated by its use. Dr. Dundas Thompson tells us of some Indians accustomed to vegetable food, who, dining luxuriously on "meat," showed an hour or two later, by their jabbering and gesticulations, that the same effect had been produced upon them as if they had taken some intoxicating spirit or drug. Apart from the special doctrine which Mrs. Kingsford advocates, her little treatise is well worth study for its clear and correct account of the various forms of food used by man. There is much matter for reflection, also, in what she says about slaughter-houses, fox hunting, pigeon shooting, and the cruelties of the fur trade."

DR. RICHARDSON appears to share with Dr. Anna Kingsford the dislike of "Pasteurism." At any rate, he has used words at the recent Brighton Health Congress which must appal some of his medical *confrères*, though they will be hailed with delight by many friends of that "purity of life" which he rightly describes as "all-sufficient" for the removal of disease. His words are:—

"Science has lately proposed a desperate device for the prevention of infectious perils. She proposes to prevent one peril by setting up another. She would inoculate new diseases into an old stock, in the anticipation that the new will put out the old. I pray you be not led away by this conceit. This manufacture of spic-and-span new diseases in our human, bovine, equine, ovine, canine, perhaps feline species, is too much to endure the thought of, especially when we know that purity of life is all-sufficient to remove what exists, without invoking what is not."

We cannot too warmly commend to the human species Dr. Richardson's caution against that too intimate contact with the "bovine, equine, ovine, canine, and perhaps feline species," which it is our special mission to bring into public ken and condemnation.

MR. C. F. CORLASS, in the *Hull Miscellany*, has a pleasant chat on "Tact." It need hardly be said how needful is this quality to the advocate of pure diet. Mr. Corlass says:—

Tact, as a word, refers to the sense of touch, and implies the finer, the more skilful, the gentler exercise of that sense. Tact is the rule not of force but of love. Tactics are hidden, unalarming means. It is the fillip by which you may overbalance the motives of another, and weigh the scale of his judgment in your favour. The spider is a master tactician. He does not hang out a coarse-stranded rope whose noose the unwary fly would see and avoid. He knows better. He lightly hangs in air, where the sunlight cannot gild, his web, that seems to the poor victim but a futile obstacle—seems so till its gauzy threads clog him, and he falls a prey to the wiliness of his ambushed enemy. The angler sinks a fine cord, or the fish would not bite. Men fret under the felt control of force, the galling chains of iron; bind them with the silken cords of love, and they are yours. If you deal with a child hitherto uncon-

trolled, do not seek suddenly to bend him to your will, but softly mould him, never letting him feel the hand. Let love ride forth on persuasion, more powerful than law, though it bristles with reasons thickly as pricks on a thorn-tree. The chorus of a street song runs—‘How very much depends upon the way in which it’s done.’ This is the motto of the man of tact. He never forgets the light and shade of his pictures. Tell a man he is a fool, and he will say ‘Coffee and pistols at 6 a.m.’ Say you think he is not acting with his usual wise judgment, and he will think you a good fellow and ‘he’ll be hanged if he’ll ever affront you again!’ Go half way to meet a man, and he will go twice that distance with you without a word. Reasons sit heavily on an empty stomach. Great hunger has small conscience. A warm dinner makes a warm heart. Rasping with a file brings no polish, so scorn brings you no love. Praise is the best anti-friction grease. Sympathy is the most emollient ointment.”

A CORRESPONDENT has sent us some lengthy but interesting “Notes on Skye,” which appeared in the *Scotsman* of 6th September. The character of the island, its inhabitants, its products, its industries, are pleasantly told us. We are also introduced to some patriotic proprietors, who take an interest in their tenantry. These are not driven away, but are guided and cared for. These crofters, says one proprietor, “bring up as fine young men and women as can be found in any part of the world. . . . We cannot afford to lose the people.” And how do these people live? They farm, they fish, they keep sheep. They have few luxuries, their lot is humble and primitive, their fare simple, their toil severe. The writer says:—

“In winter their food consists largely of fish and potatoes. In summer they have milk, oatmeal, eggs, and, if finances permit, wheaten bread. *Butchers’ meat they never taste*—they have no desire, and apparently no necessity, for anything so luxurious. No pigs are kept; only on three occasions did we observe a pig in Skye—two of them in connection with hotels for English tourists. Nor did we observe bees, wild or domestic. Fowls are abundant, and eggs are largely eaten. They are produced, in the season, in great abundance. In most of the houses we observed a little spinning wheel, as wool is spun and woven into cloth by the women.”

THE *Methodist Temperance Penny Monthly Magazine* commenced a year ago a series of sketches of “Temperance Leaders,” with portraits of each. The January number of this year presents us with a notice of our friend the Rev. Charles Kendall, president of the Primitive Methodist Conference. From it we learn that Mr. Kendall was born 19th February, 1818—same year as Bishop Fraser, of Manchester—in North Lincolnshire. Further, that—

“He was the third son of a family of ten sons and one daughter. Mr. Kendall became a member of the [Methodist] Society in his eighteenth year, and within three years was called into the itinerancy [travelling ministers] by a Halifax circuit. When eighteen he signed a very comprehensive temperance pledge, including [abstinence from] narcotics, or tobacco, snuff, and intoxicants. This pledge has been adhered to in the midst of incessant toils and strong temptations. Some five years since, after

months of reading and reflection on physiology and dietetics, Mr. Kendall joined the Vegetarian Society, and is now one of its vice-presidents. His only child is the Rev. H. Bickerstaff Kendall, B.A., of Durham University. Ten years of Mr. Kendall's ministerial life were spent in Hull, and for three years he sat on the School Board of that town. He has written several works and tracts, his latest being a pamphlet on narcotics, intoxicants, and dietetic reform—'How to Live in the Street called Straight; or a Book for Hard Times.' "

WORKHOUSE DIETARIES.

A "social meeting" of members of the Vegetarian Society was held on the 7th December, at the Young Men's Christian Association. Mr. P. Foxcroft presided. A paper contributed by Mrs. Frances E. Hoggan, M.D., was read, in which that lady advocated the exclusion of flesh meat from prison and workhouse dietaries. She argued that "the experience of mankind in almost every age of the world's history coincides with that of thoughtful persons of the present day that flesh diet is not a necessity, that without it children may be reared in full health and vigour, that longevity and brain power are compatible with such abstinence, and that many diseases of common occurrence may be cured by simple diet, and are either caused or aggravated by inability to assimilate flesh meat." The Scotch peasants bring up without the pauper's stigma large families on their small earnings, and out of such homes, where flesh meat is of necessity practically excluded, come largely the bone and muscle and brain which go to make up the long-headed enduring Scotchmen who compete so successfully with Englishmen, while the latter regard themselves as underfed if they are unable to have flesh meat at least once a day. After citing the arguments of Drs. Carpenter, Parkes, and Bernard as to food values, Dr. Hoggan said that, whilst she would on no account deny either to prisoner or pauper any necessary of life, she would as earnestly insist that the inmates of such institutions should not be made better off than the working classes who kept outside, and whose hardly-earned money was taxed for the maintenance of the idle and the improvident. No one would desire anything but generous treatment for those who had struggled for an independent livelihood and failed to secure it, but many of the pauper class were not entitled to that sympathy. It was of importance that the poor man should not be taxed for the maintenance of persons like the "king of the vagrants," who died recently, and who boasted that he had been in every gaol and workhouse in England. The want of rigid economy may make the poorhouse and even the prison an attractive refuge for the idle and dissolute. In the metropolitan area 100,283 persons receive "relief," and of these 53,510 are inmates of the workhouse. Some years ago a parliamentary return showed that the cost per head per week in the 37 London workhouses was £1. 5s. 11½d. The cost per pauper for food throughout the country is reckoned at from 3s. 9d. to 4s. 3d. In view of the enormous cost of pauperism, Dr. Hoggan considered that this sum should be reduced by one half, since very many of the labouring families whose earnings were taxed had to live upon a much smaller allowance. The exclusion of the non-essentials of alcohol and flesh meat would have a marked deterrent effect upon the habitual pauper, for he was a usually self-indulgent person, and the fact that food, strengthening, varied, and cheap, would be given would not weigh with him against the deprivation of alcohol, which was a prolific source of pauperism, and of flesh meat, which was a costly and wasteful form of food.—In the discussion which followed Dr. Hoggan's views were endorsed by the Rev. James Clark, a member of the Salford Board of Guardians, who explained some of the difficulties of carrying them into practice.—A vote of thanks was passed to Dr. Hoggan.—*Manchester Guardian.*

THE PERFECT WAY OF PROGRESS.

Quod semper, quod ubique, quod ab omnibus. "That which all good men everywhere and always have taught and practised must be true and right." This famous canon of Vincent of Lerins, if applied, *e. g.*, to the great moral laws embodied in the decalogue and to the cardinal virtues, would lend support to many a young Hercules wavering on the cross-way. The great success of that beautiful *vade mecum*, *Gold Dust*,* shows that many among us are sick of controversy, and hungry for "the hidden manna." A truly Catholic library of temperance, embracing witnesses from the Jewish and Christian, Mohammedan and Pagan Scriptures, from the heathen classics and Christian fathers, from writers of every nation and every time, would equip many a Christian knight, at home or abroad, for the fight of purity and peace. *Securus judicat orbis terrarum.* Sir William Hamilton somewhere says that philosophers are mostly right in their positive teaching, wrong in their negations. And that admirable man, Dr. Philip Carpenter, by excluding denial from his schools, enlisted and retained in the ranks of his teachers men of very different opinions.

"There were associated with him in his religious work . . . Unitarians of various schools of thought, Methodists, and Swedenborgians; and yet, though the most perfect liberty of utterance was not only allowed, but encouraged, there never was a theological quarrel amongst them. The simple rule laid down was found sufficient to preserve unbroken peace: that in all religious discussions the speakers should affirm and never deny." (*Memoirs of the Life and Work of Philip Pearsall Carpenter.* Edited by his brother, R. L. Carpenter; London, 1880; p. 165).

Cambridge.

JOHN E. B. MAYOR.

IS IT WORTH WHILE?

Is it worth while that we jostle a brother,
 Bearing his load on the rough road of life?
 Is it worth while that we jeer at each other,
 In blackness of heart that we war to the knife?
 God pity us all in our pitiful strife.
 God pity us all as we jostle each other;
 God pardon us all for the triumphs we feel
 When a fellow goes down 'neath his load on the heather,
 Pierced to the heart; words are keener than steel,
 And mightier far for woe than weal.
 Look at the roses saluting each other;
 Look at the herds all at peace on the plain—
 Man, and man only, makes war on his brother,
 And laughs in his heart at his peril and pain;
 Shamed by the beasts that go down on the plain.

JOAQUIN MILLER.

* "Gold Dust: a Collection of Golden Counsels for the Sanctification of Daily Life." London, J. Masters and Co. Paper covers, 6d.; cloth bound, gilt edges, 2s. 6d.

Correspondence.*

BREAD.—I trust that food reformers in all parts of the country will see the importance of getting pure and perfect bread. In the aerated bread (Dr. Danglish's system) we have the best bread that can be made, being made with water only. To follow in the footsteps of the great Professor Graham, we must give up fermenting our bread. Could not the Vegetarian Society negotiate with the Aerated Bread Company to open stores in all towns where there are Vegetarian restaurants? In the second place, in addition to a good supply in every town of finely ground wheat-meal, we should try to introduce bread made from decorticated meal, or thirds flour, to suit those who do not care for whole-meal, or who find it too aperient.—J. NUGENT.

OWLS.—The following cutting from the *Leisure Hour* curiously illustrates what we have been told by travellers in the Southern Seas concerning the relations of man to the rest of the animal creation—the more they know of him the less they trust him—not a compliment this to ourselves. It occurs in a report made shortly before his death, by the Hon. Grantley F. Berkeley, who says: "I am at present studying the amount of affection in owls for man. I have brown owls, white owls, horned owls, and that mysterious lesser owl, the sparrow owl, about the size of a thrush. These are in pairs in large separate wire aviaries, wings uncut, with room to fly about. As regards the horned owls and the lesser owls, there was a good deal of suspicion to watch things just at first. The lesser owl, being the least acquainted with the habits of man was, for that reason, the easiest to tame. I give you that queer fact. I have only had these lesser owls during this spring. The hen bird is sitting in her selected box, with a hole in it, on three eggs. Dump, as we call her, will let me or my head keeper put our hands in, and take the eggs from under her, and replace them again, without the least anger or alarm. Her mate, whose name is Toby, will, if I ask him to do so, dance with me in the funniest way possible, or with my parlour maid, for whom also he seems to have taken a fancy. His dance, between every two differing steps, is the complete turn of the waltz, but the quaintness of his executed evolutions and the grace he assumes are inimitable. Then in point of urbanity comes the horned owl, then the brown owl, and last, the white owl, who has the most experience of the malevolence of man, and therefore the less trust in him."—C.H.C.

SINCE I BECAME AN ASSOCIATE—I think about three years ago—I have abstained entirely from flesh, fowl, and fish. I have for years taken a deep interest in Peace Missions, and give my Sundays (about two out of three) to this work. Take one day's work—yesterday (on which day I was 70 years of age). I rose at five; breakfasted on brown bread and butter, with tea; went by train (6-29 a.m.) 21 miles; then walked two miles, carrying a parcel of tracts and pamphlets for two schools; taught a class in a Sunday school; gave an address on Temperance and Peace, and the importance of abstaining from all evil; gave a tract to each teacher and scholar; walked another two miles; on the way entered a field and sat on a sheaf of barley, ate my dinner (of brown bread and butter and a bunch of grapes). In the afternoon attended another Sunday school—a larger one, in a town—taught a class and gave an address against cruelty, and for Temperance, Peace, &c.; gave each a tract or pamphlet. Returned by train at six p.m., had a cup of tea, with a small plate of stewed apple chips (American, a most useful introduction, delicious and economical); attended worship, and at eight o'clock, on walking home, felt as free from fatigue and fresh as when I left my bath room in the morning.—JOHN GILL, Penryn, Cornwall.

* The Vegetarian Society does not hold itself responsible for opinions of individual correspondents.

YOUNGER AND HAPPIER.—Though I look older than ten years ago—thanks to total abstinence and Vegetarianism, I feel younger and much happier. I have found, as I hope has each member of our Society, that—

Panis et aqua,
Est vita beata.

The plainer the fare,
The happier you are.

W. J. MONK.

WELCOME.—After attending a meeting of the Bristol Food Reform Society, June 3rd, 1880, at which Professor Newman was one of the speakers, I resolved to give Vegetarianism a trial for a month if my health did not suffer, which some confidently affirmed it would. Now, after eighteen months, I am so well satisfied with it that I send you double my former subscription, and confidently hope the Society will prosper.—GEO. B. DARE.

PLEASANT OR UNPLEASANT.—The following description of the Christmas Manchester markets, cut from the *Manchester City News* of December 24th, 1881, is pleasant to read, and breathes a happy Vegetarian spirit: "The most agreeable sights to be seen at the present time in Manchester, if the fog would only allow us, are the streets, Smithfield Market, Shudehill, and the domains that there adjacent lie. Talk of the phantasmagoria of the pantomimes! Pshaw! What are they in comparison with the paraphernalia of the public thoroughfares and markets? Smithfield Market is a forest of pine trees, of mistletoe, laurel, holly, and scarlet berries. There are whole landscapes of vegetables; pyramids of onions; Himalayas of cauliflowers, greens, cabbages, and potatoes; Apennines of celery, beetroot, parsnips, horseradish, and artichokes; Alps of oranges, lemons, water-melons, grapes, filberts, walnuts, chestnuts, and apples." Alas! that which follows, which we do not quote, is the very reverse of pleasant. From graceful fruits of earth we descend to heaps of slaughtered creatures.—C. H. C.

EXPERIENCE.—"I have induced one of our principal millers to produce wheat-meal *ground as finely as possible, without injury to its baking quality*, which it appears is done by what is technically called 'low grinding,' *i.e.*, setting the mill-stones too close. I enclose a sample, and also a specimen of the bread we make from it, by means of soda and buttermilk—baking in the oven of a kitchen-range at a low temperature. It is the best bread I have ever met with, and (paying 14s. per cwt. for the meal) costs about 1d. per lb. The meal is made from fine white Australian wheat. I place this bread at the head of all articles of food. Breakfasting at 8-30 to 9 on about $\frac{1}{2}$ lb. of it only, with a cup of tea or coffee, I can, between then and dinner at 3-30 to 4 (with merely an apple or orange, by way of lunch), walk 8 or 10 miles without feeling fatigue or desire for food; then dine upon plain pudding (or sweetened porridge), and with a third and last meal of bread and tea, at 7-30 to 8 p.m., maintain a high degree of mental and bodily vigour. I am more and more surprised, by lengthened experience, at the small quantity of food necessary *after the period of our growth has passed*. I used to think that stimulants were the chief cause of the undue shortening of human life, but now am convinced that infinitely more damage is done by ignorance of the amount of food required to make good the wear and tear of our bodies. When the appetite fails, we take to condiments, sweets, and intoxicants, thereby inducing gout, rheumatism, and many other disorders. I have seen perhaps one hundred men of my acquaintance cut off at 50 or 60, in the very height of their usefulness, simply because they thought it necessary to eat as much after 30 as while growing. . . . I am strongly of opinion that the most suitable as well as enjoyable food for those who do not live by the sweat of their brow, is a combination of grain and fruit, with milk, butter, tea, coffee, eggs, by way of luxuries. Upon such food I have, at the age of 57, more mental, and almost as much physical vigour, as at any former period of my life."—R.T.G., Dublin.

Home.

CUMBERLAND.—Mr. Foxcroft lectured at—Aspatria, 18th; Cockermouth, 19th; Maryport, 20th; and Workington, 21st December. Of some of these meetings we are able to give reports in this number.

LIVERPOOL.—A general meeting was held on the 19th January, when Mr. E. S. Hyatt was elected president, Mr. J. W. Kendrick, hon. secretary, and Messrs. J. H. Barton, A. Wardle, J. W. Whittaker, S. L. Molyneux, and Captain Downwood, as members of committee. Mr. Hyatt remains local hon. secretary to the parent Society in Liverpool.

GLASGOW.—A social meeting of the Scottish Food Reform Society was held on 17th January, in the Vegetarian Dining Hall. There was a large attendance. Mr. Gregorson, the president, who was in the chair, gave an interesting address, of which a very excellent abstract appeared in the *North British Daily Mail* for 18th Jan.

BIRMINGHAM.—A social meeting of the members and friends of the Vegetarian Society was held at Albert Chambers, Paradise Street, on 25th January. Selections of music, vocal and instrumental, were given during the evening, also paintings and photos. exhibited. Refreshments were provided by tariff, by Mr. Hughes, the proprietor. The tickets were sixpence each (to cover cost).

LINCOLN.—We are glad to hear of a most successful meeting held in this old city under exceedingly favourable auspices. The Rev. Chancellor Leake presided, and the Rev. Professor Mayor, of Cambridge, attended to give a lecture on "Plain living and high thinking." We are the more pleased to record this because we know in this city our friends will not allow the efforts made to lie unprofitable.

BRIGHTON.—A very excellent attempt on our behalf has been made in this town by Dr. de Colville, who attended the Brighton Congress of Health as our representative, and took care his own voice and the silent voice of the press should be heard to our advantage. We are much indebted to his very painstaking help, and will try next month to find room for some abstract of the report with which he has kindly supplied us.

LONDON.—The defection of the Vegetable and Food of Health Restaurants to the other side is now pretty well known. This only makes the success of the "Guardian," "Apple Tree," and the "Arcadian" more conspicuous. We are told by friend after friend that they are almost everything that can be expected. We very much regret to hear of the death of Mr. Forster, who started the "Arcadian." The business is now carried on by Mrs. Forster.

BEVERLEY.—At the weekly meeting of the Church Institute Discussion Class on 4th January, the president, G. Cussons, Esq., in the chair, Mr. C. Bishoprick, jun., opened a debate on "Vegetarianism," and moved the following resolution: "That man, as a physical, moral, and intellectual being, becomes more completely developed in all his faculties when subsisting upon the direct productions of the vegetable kingdom." A lively discussion ensued.—*Beverley Guardian*.

THORNBURY, GLOUCESTERSHIRE.—In the rooms of the Young Men's Mutual Improvement Society a short discussion took place, in December last, on Vegetarianism. Mr. C. A. Bevis, affirmative; Mr. G. M. Williams, negative. The opener argued the great need of a food healthier and cheaper than flesh-meat, pointing to a farinaceous, fruit, and vegetable diet as supplying these requirements, and urged upon his audience the greater benefits of a simple diet. Mr. Williams rested his defence mostly on Scriptural grounds. It is to be hoped that a few more lectures may follow this first ventilation of the subject in this town.

CAMBRIDGE.—On the 19th December Professor Mayor delivered a lecture on plain living, in St. Matthew's Schoolroom, and distributed a considerable amount of our literature. Singing went on during the evening, and there was a brisk sale for lentil soup. Professor Mayor also read in December, at a mothers' meeting, *The Mechanic's Home*, an excellent paper originally published at New York, reprinted in the *Vegetarian Messenger*, Vol. IV., and translated into German in the *Vereins-Blatt*; it has also sold largely as a pamphlet in Germany.

NOTTINGHAM.—We are glad to see a most welcome awakening in this town. The newly-formed Nottingham branch of the "National Vegetarian Society" held a meeting on 16th January, in the lecture room of the Mona Club, where a lecture by Mr. J. Place was given, on the "Scientific basis of Vegetarianism." Questions followed, Mr. Ernest C. Rennie presided. The bill calling this meeting, with the announcement on the front, had printed on the back the New Year's address from the *D. R.* the full text of the admirable address of the Rev. C. H. Collins, which appeared in our January number.

COCKERMOUTH.—On 19th December, Mr. P. Foxcroft delivered a lecture in the Court House, entitled "Two halves of my life." The Rev. R. Jackson presided, and there was a fair attendance. The lecture was an exposition of the principles and practices of Vegetarianism, the lecturer stating that he had been a hard worker all his life up to the last few years in a cotton mill, and that for the last 34 years he had entirely abstained from fish, flesh, and fowl, and found his health much better than before. Once he often had doctors' bills to pay, now he had not had occasion to see a doctor for 30 years. At the close of the lecture Mr. T. W. Johnson moved, and Mr. T. Wright seconded, a vote of thanks to Mr. Foxcroft, which was carried.—*The West Cumberland Times*.

WARRINGTON.—On Saturday, 3rd December, a lecture on Vegetarianism was delivered in the large vestry of the Sankey Bridge Wesleyan Chapel, by Mr. Clement George. Mr. George Savage occupied the chair, and there was a good attendance. The lecturer stated that the natural food of man consisted of fruits, grains, roots, and pulse. He supported this statement by arguments from instinct and from Scripture. The opinions of naturalists were quoted in favour of this view, and to show that this diet was capable of maintaining man in the highest degree of muscular strength, he instanced the armies of Persia, Greece, and Rome in their palmy days. The lecturer dwelt at length on Vegetarian diet as economical, grain and pulse being more nourishing than flesh-meat, at much less cost. Discussion followed.—*Warrington Examiner*.

LONDON.—We are glad to be able to extend last month's very short notice of Mr. Faning's drawing-room meeting, supplied to us by the secretary. It was held at the City Club, and Mr. Faning was enabled to receive about 30 gentlemen in one of the private rooms. Ladies were not present, from the fact that this would have been an infringement of the rules. The tables were furnished with a repast entirely *without cooking*, except the bread, of which there were several kinds of brown, but no white. Water was the only beverage, but none was used, the various fruits being sufficiently enjoyed without dilution. These fruits consisted of each kind for the month of November, as contained in the *Vegetists' Dietary*. There was sufficient taken up from the tables to have supplied another banquet of double the size. The speeches were excellent, and the conversation vivacious to the end (about ten o'clock). The company included doctors, a major, some J.P.'s, an architect, gentlemen of no profession, with tradesmen, &c. Many of them were not Vegetarian in practice at their homes, but were highly pleased at the opportunity thus afforded them. We should like to hear more frequently of such meetings.

SOMERTON, SOMERSET.—On Friday, the 16th, the Misses Impey, of Street, had a conversational meeting, and gave practical illustrations of Vegetarianism to the members and friends of the "Concord" Lodge of Good Templars. Various dishes, including stewed vegetables, Vegetarian pie, pea soup, and herb fritters, were greatly enjoyed by all. Numerous questions were asked, and very convincing answers given. Brother Thomas Baker presided.—*Western Gazette, Yeovil*.

ASPATRIA, CUMBERLAND.—On Sunday afternoon, 18th December, a lecture was given in the Noble Temple, Aspatria, by Mr. Foxcroft, of Manchester, on "How to live on sixpence a day." Mr. T. Farrall presided. The lecturer described the different kinds of food used by human beings, showing the superiority of grain, vegetables, fruits, and animal productions, over fish, flesh, and fowl, as food for the human body, both in point of nutriment and economy. At the conclusion of the lecture several questions were asked, which Mr. Foxcroft answered more or less to the satisfaction of the meeting. Votes of thanks were passed.—*West Cumberland Times*.

STRATFORD.—The quarterly meeting of the South Essex Teachers' Association was held in the St. Paul's Boys Schoolroom, Stratford, E., on December 10th, at 3 o'clock. The president (Mr. Morrell) announced that Mrs. Anna Kingsford, M.D., and Mr. Edward Maitland, B.A., were present to address the meeting on "Diet Reform and Education," as a deputation from the Vegetarian Society. In the course of her address Mrs. Kingsford said that the question as related to the poorer classes might be examined mainly under the following heads: (1) Economy, (2) Prevention of Alcoholism, (3) Hygiene, (4) Morals. Mrs. Kingsford argued strongly in favour of Vegetarian diet on all these points. Her contention was that vegetable diet was cheaper than mixed diet; that it discouraged the taste for strong drink; that it was more healthy, as many internal diseases could be traced to the use of meat, and the public morals must necessarily become more pure with the advance of Vegetarianism. Mr. Maitland followed, confirming Mrs. Kingsford's statements. After a short discussion, in which Messrs. Ganby, Clarkson, Webb, and Crouch took part, a hearty vote of thanks was given to Mrs. Kingsford and Mr. Maitland.—*Stratford Express*.

MANCHESTER.—A social meeting of the Vegetarian Society was held on Saturday evening in one of the rooms of the Young Men's Christian Association, Mr. W. E. A. Axon presiding, when an address was delivered by Fraulein B. Boecker upon the sanitary aspects of Vegetarianism, with which she was familiar both in England and Germany. So far as her experience went she thought the moral side of the question was always considered of first importance in England, and when converts were made here it was because their moral feelings were worked upon; while in Germany the sanitary and hygienic side was first taken into account. It must not be thought, however, that the Germans left the moral side of the question out of view. Vegetarianism in Germany was a new law of hygiene, with which, of course, the moral law was closely allied. What was wanted in this country was that there should be a wish to study the laws of health as much as was the case in Germany. Miss Boecker argued that illness and disease arose almost entirely from the use of animal food and stimulants, and that a Vegetarian diet, exercise, baths of all sorts and descriptions, and gymnastics would produce an entirely healthy subject. What was wanted for Vegetarianism was that the natural law should be studied as much as possible, and that it should be acted upon. At the conclusion of Miss Boecker's address a discussion ensued, and the customary votes of thanks were passed.—*Manchester Guardian*. A somewhat fuller report also appeared in the *Manchester City News* for 21st January.

"Many dishes—many diseases."—*Pliny*.

C'est ta Raison, miroir de la Raison suprême,
 Où se peint dans ta nuit quelque ombre de lui-même.
 Il vous parle, ô Mortel, mais c'est par ce seul sens.
 Toute bouche de chair altère ses accents."

In pronouncing the following code of morality, the voice of conscience and of reason coincides with the divine voice in our hearts :—

"Tu ne leveras point la main contre ton frère :
 Et tu ne verseras aucun sang sur la terre,
 Ni celui des humains, ni celui des troupeaux,
 Ni celui des animaux, ni celui des oiseaux :
Un cri sourd dans ton cœur défend de le répandre,
 Car le sang est la vie, et tu ne peux la rendre.
 Tu ne te nourriras qu'avec les épis blonds
 Ondoyant comme l'onde aux flancs de tes vallons,
 Avec le riz croissant en roseaux sur tes rives—
 Table que chaque été renouvelle aux convives,
 Les racines, les fruits sur la branche mûris,
 L'excédant des rayons par l'abeille pétris,
 Et tous ces dons du sol où la sève de vie
 Vient s'offrir de soi-même à ta faim assouvie.
La chair des Animaux crierait comme un remord,
Et la Mort dans ton sein engendrerait la Mort !"

Not only is the human animal sternly forbidden to imbrue his hands in the blood of his innocent earth-mates : it is also enjoined upon him to respect and cultivate their undeveloped intelligence and reason :—

"Vous ferez alliance avec les 'brutes' même :
 Car Dieu, qui les créa, veut que l'homme les aime.
 D'intelligence et d'âme, à différents degrés,
 Elles ont eu leur part, vous la reconnaissez :
 Vous leurs dans les yeux, douteuse comme un rêve,
 L'aube de la raison qui commence et se lève.
 Vous n'étoufferez pas cette vague clarté,
 Présage de lumière et d'immortalité :
 Vous la respecterez.
 La chaîne à mille anneaux va de l'homme à l'insecte :
 Que ce soit le premier, le dernier, le milieu,
 N'en insultez aucun, car tous tiennent à Dieu !"

From such more rational estimate should follow, necessarily, just treatment :—

"Ne les outragez pas par des noms de colère :
 Que la verge et le fouet ne soient pas leur salaire.
 Pour assouvir par eux vos brutaux appétits,
 Ne leur dérobez pas le lait de leurs petits :
 Ne les enchaînez pas serviles et farouches :
 Avec des mors de fer ne brisez pas leurs bouches :

Ne les écrasez pas sous de trop lourds fardeaux :
 Comprenez leur nature, adoucissez leur sort :
Le pacte entre eux et vous, hommes, n'est pas la Mort.
 À sa meilleure fin façonnez chaque engeance,
 Prêtez-leur un rayon de votre intelligence :
 Adoucissez leurs mœurs en leur étant plus doux,
 Soyez médiateurs et juges entre eux tous.

* * * * *

Le plus beau don de l'homme, c'est la Miséricorde."

Consistently with, and consequently from, such just human relations with the lower species are the admonitions to break down the walls of partition between the various human races, and to the proper cultivation of the Earth, the common mother of all :—

" Vous n'établirez pas ces séparations
 En races, en tribus, peuples ou nations.

* * * * *

Vous n'arracherez pas la branche avec le fruit :
Gloire à la main qui sème, honte à la main qui nuit !
 Vous ne laisserez pas le terre aride et nue,
 Car vos pères par Dieu la trouvèrent vêtue.
 Que ceux qui passeront sur votre trace un jour
 Passent en bénissant leurs pères à leur tour.
 Vous l'aimerez d'amour comme on aime sa mère,
 Vous y posséderez votre place éphémère,
 Comme au soleil assis les hommes, tour à tour
 Possèdent le rayon tant que dure le jour.

* * * * *

Par un inconcevable et maternel mystère,
 L'homme en la fatiguant fertilise la Terre.
 Nulle bouche ne sent sa tendresse tarir :
 Tout ce qu'elle a porté, son flanc peut le nourrir.

* * * * *

Vous vous assisterez dans toutes vos misères,
 Vous serez l'un à l'autre enfants, pères, et mères :
Le fardeau de chacun sera celui de tous,
La Charité sera la justice entre vous.
 Votre ombre ombragera le passant, votre pain
 Restera sur le seuil pour quiconque aura faim :
 Vous laisserez toujours quelques fruits sur la branche,
 Pour que le voyageur vers ses lèvres la penche.
 Et vous n'amasserez jamais que pour un temps,
Car la Terre pour vous germe chaque printemps,
 Et Dieu, qui verse l'onde et fait fleurir ses rives,
 Sait au festin des champs le nombre des convives.*

* *La Chute d'un Ange. Huitième Vision.*

It is hardly necessary to record that *The Fall of an Angel* was far from receiving, from the world of fashion, the applause of his earlier and more conventional productions.

Lamartine was still in the East (we refer to an earlier period), when news of his election to the *Chambre des Députés* by a Legitimist constituency brought him back to Paris. Among the prominent political leaders of the day he figured "as a progressive Conservative, strongly blending reverence for the antique with a kind of philosophical democracy. He spoke frequently on social and philanthropic questions." In 1838 he became deputy for Macon, his native town. During the Orleanist régime he refused to hold office, professing aversion for the "vulgar utility" of the government of Guizot and the Bourgeois King, and in 1845 he openly joined the Liberal opposition. His *Histoire des Girondins* (1847) probably contributed to the expulsion of the Orleanist dynasty in the next year.

In the scenes of the Revolution of February, 1848, he occupied a prominent position as mediator between the two opposite parties; and the retention of the tricolour, in place of the Red flag, is attributed to his intervention. Elected a member of the Provisional Government, Lamartine served as Foreign Minister of the Republic. In this capacity he published his well-known *Manifesto à l'Europe*. But, in spite of the fact that ten departments had elected him as representative in the *Assemblée Constituante*, and that he was also made one of the five members of the Executive Commission, his popularity was short-lived. With all his, apparently, sincere sympathy with the cause of the Oppressed, traditionary associations and strong family attachments (sufficiently manifest in his *Mémoires*) impeded him in his political course; and his compromising attitude provoked the distrust of more advanced political reformers. In competition with Louis Napoléon and Cavaignac, he was nominated for the presidency; but he received the support of few votes. From this period he withdrew into private life and devoted himself entirely to literature. His *Histoire de la Révolution* (1849), *Histoire de la Restauration*, *Histoire de la Russie*, *Histoire de la Turquie*, *Raphael* (a narrative of his childhood and youth) *Confidences* (1849-1851), a further autobiography—one of the most interesting of all his prose productions—and various other writings, most of them appearing, in the first instance, in the periodicals of the day, attested the activity and versatility of his genius. He also for some time conducted a journal—*Conseiller du Peuple*. In 1860 he collected his entire writings into forty-one volumes. Of them his *Histoire des Girondins* is, probably, the most widely known. But,

next to *The Fall of an Angel*, it is his own Memoirs which will always have most interest and instruction for those who know how to appreciate true refinement of soul, and, making due deductions from political or traditionary prejudice, can discern essential worth of mind. In *Les Confidences* he allows us to see the natural sensibility and superiority of his disposition in his deep repugnance to the orthodox table—none the less real because he seems, unhappily, to have deemed himself forced to comply with the universal or, rather, fashionable barbarism. Writing of his early education, he tells us:—

“Physically it was derived (*decoulait*) in a large measure from Pythagoras and from the *Emile*. Thus it was based upon the greatest simplicity of dress and the most rigorous frugality with regard to food. My mother was convinced, as I myself am, that killing animals for the sake of nourishment from their flesh and blood, is one of the infirmities of our human condition; that it is one of those curses imposed upon man either by his fall or by the obduracy of his own perversity. She believed, as I do still, that the habit of hardening the heart towards the most gentle animals, our companions, our helpmates, our brothers in toil, and even in affection, on this earth; that the slaughtering, the appetite for blood, the sight of quivering flesh are the very things to *have the effect* (*sont faits pour*) to brutalise and harden the instincts of the heart. She believed, as I do still, that such nourishment, although, apparently, much more succulent and active (*energique*) contains within itself irritating and putrid principles which embitter the food and shorten the days of man.

“To support these ideas she would instance the numberless refined and pious people of India who abstain from everything that has had life, and the hardy, robust pastoral race, and even the labouring population of our fields, who work the hardest, live the longest and most simply, and who do not eat meat ten times in their lives. She never allowed me to eat it until I was thrown into the rough-and-tumble (*pêle-mêle*) life of the public schools. To wean me from the liking for it she used no arguments, but availed herself of that instinct in us which reasons better than logic. I had a lamb, which a peasant of Milly had given me, and which I had trained to follow me everywhere, like the most attached and faithful dog. We loved each other with that first love (*première passion*) which children and young animals naturally have for each other. One day the cook said to my mother in my presence “Madame, the lamb is fat, and the butcher has come for it; must I give it him?” I screamed and threw myself on the lamb, asking what the butcher would do with it, and what was a ‘butcher.’ The cook replied that he was a man who gained his living by killing lambs, sheep, calves and cows. I could not believe it. I besought my mother and readily obtained mercy for my favourite. A few days afterwards my mother took me with her to the town and led me, as by chance, through the shambles. There I saw men with bared and blood-stained arms felling a bullock. Others were killing calves and sheep, and cutting off their still palpitating limbs. Streams of blood smoked here and there upon the pavement. I was seized with a profound pity, mingled with horror, and asked to be taken away. The idea of these horrible and repulsive scenes, the necessary preliminaries of the dishes of meat I saw served at table, made me hold animal food in disgust, and butchers in horror.

“Although the necessity of conforming to the customs of society has since made me eat what others eat, I shall preserve a subdued (*raisonnée*) dislike to flesh dishes, and have always found it difficult not to consider the trade of a butcher almost on a par

General.

A METEOROLOGICAL NOTE.—According to observations at Greenwich, for a century, 1882 is the first year in ascent to a cycle of warm years ; so that we may have seen the last of the unfavourable seasons for some years.—J. STORIE, in the *Scotsman*.

A book issued last year from the office of the *Jewish Chronicle*, London, would form a useful after-dinner companion. For Vegetarians the title may suffice. It is "On the Communicability to Man of Diseases from Animals used as Food," by Dr. Henry Behrens.

All our readers who are fond of homœopathy, and indeed others, may be glad to hear of the *Homœopathic World*, a sixpenny monthly of high character, conducted—and very wisely and ably conducted—by Mr. J. Compton Burnett, M.D., and in which facts interesting to Vegetarians not seldom find a place.

Among many rare works of art issued by J. S. Virtue and Co., of London, "Picturesque Palestine" must prove interesting to a large circle of readers. We are glad to find that our friend Miss M. E. Rogers, the author of "Domestic Life in Palestine," is engaged on this work, and that the descriptions of Samaria and Damascus are from her pen.

Students of Locke will be interested to know that he published in 1766 a treatise, entitled "Observations upon the Growth and Culture of Vines and Olives, the Production of Silk, and the Preservation of Fruits." Forty-one varieties of grapes and thirteen varieties of olives were enumerated as grown in the neighbourhood of Montpellier, France, where Locke was then resident.

474,758 hogs died in 1880 by cholera in the single American State of Illinois, or fourteen per cent. of the whole. The pecuniary loss—estimated at nearly a million and a half of dollars—would have been much greater had not the prudent farmers, as soon as a herd was attacked, slaughtered them all, and sent their corpses to England as prime navy pork, bacon, and hams. Even the hogs which die of the cholera—a highly contagious disease—before they can be butchered, are still tried out for lard, which may be used to "shorten" cakes, or in the manufacture of butter and cheese.—(*Nichols'*) *Herald of Health*.

CYCLING.—Vegetarianism is unmistakably making headway among the cyclists. In a sort of threepenny annual, "Winter Cycles," the winter number of the *Cyclos*, an illustrated monthly magazine (London : Houlston ; Birmingham : W. J. Spurrier), we find a couple of pages devoted to "The Roast Beef of Old England." But the "devotion" is of a destructive kind, for no cyclist is advised to touch it. The same parcel brings us the *Tourist's Guide*, also issued at a penny by Mr. Spurrier (119, Newhall Street, Birmingham). The chapter on "Appetite and Thirst" should be read by every athlete. We are grateful to our unknown friend the writer.

LIFE AND NATURE STUDIES.—A course of practical and descriptive papers on drawing and painting in oil and water colours is in course of issue by Mr. Hume Nisbet, artist and lecturer of the School of Arts, Chambers Street, Edinburgh. Mr. Nisbet treats on landscape, figure, and composition, avoiding technicalities, suggesting to the student the right colours and the proper mode of using them. The course will include—sky and sea ; reflection ; the draped model ; marine—ships, sunshine, and shadow ; aerial perspective—distance, mountains, lakes, &c. ; foregrounds—flowers, weeds, stones, cottages, &c. ; sunrise, sunset, and moonlight ; trees ; rocks, leaves, water, &c. ; composition and arrangement ; harmony and contrast, &c. They will be issued separately, in bijou form, at threepence each to subscribers, and published by Messrs. Wheeler, King, and Co., 14, Teviot Place, Edinburgh.

We regret to hear of the death of the wife of Thomas Lister, of Barnsley, after a short confinement to her room, at the age of 70 years. Not only our Barnsley friends, but very many throughout Lancashire and Yorkshire, and even a much wider area, will remember with affection the lady who so constantly has been the faithful companion and efficient co-worker of her husband in his capacity of postmaster, naturalist, &c. She was buried at the Friends' Meeting House.

The Belfast newspapers have been enlivened by a further, and, we suppose, the final, development of the vaccination prosecution which affects our friend Mr. Strain. Having by council proved the informality of this and five previous convictions, the magistrates gave the verdict against the Guardians, with costs for Mr. Strain, but somehow the Guardians did not pay their costs, hence at their next meeting, according to the public report, they were interrupted by the police—two officers—who commenced to seize and carry off certain property. This they were only prevented from doing by the costs, 12s. 6d., being paid.

DR. ANNA KINGSFORD ON VIVISECTION.—The paper lately read by Dr. Kingsford at a meeting of the Zetetical Society, London, was a very extraordinary performance. As a display of intellectual resources it could scarcely be equalled, and, for moral point, it was as markedly noteworthy. Dr. Kingsford sat down in the midst of an ovation, which she received with so much modesty that she did not appear to realise the tremendous effect she had produced. Then came questions, which were replied to pleasantly, learnedly, and exhaustively. We hope to see Dr. Kingsford's paper circulated widely, and all efforts made to throw out Sir John Lubbock's bill when brought before Parliament.—*Medium*.

Good Health for January opens with a portrait and autobiographical sketch of Prof. A. Bronson Alcott, one of the most zealous advocates of hygienic living in the United States. An article upon the *Inside Causes of Disease* shows that, while immunity from disease depends largely upon the outward surroundings, there are other hindrances to man's physical well-being quite as destructive as miasms and improper drainage to be found in his own ungoverned appetites and passions. The editor gives an interesting sketch of the hygienic condition of homes in the south, as observed during a recent trip through Alabama and Georgia. This journal, now in the seventeenth year of its publication, contains a large amount of, valuable and interesting matter on subjects relative to health. The subscription is one dollar yearly. It can be had from the publishers, Battle Creek, Michigan, or from Mr. Loughborough, Ravenswood, Southampton.

VIOLENT DEATHS IN ENGLAND AND WALES IN 1879.—We gather from the 42nd annual report of the Registrar-General, published last year, that there were in England 12,866 violent deaths of males, and 4,769 of females, from all causes, total 17,635. Our purpose is but with two or three items. Readers who wish further information can always obtain it in this interesting yearly report. Amongst the cases of poisoning are 39 from opium, 1 from tobacco, 1 from decayed raisins, 5 from poisonous fungi, 1 from diseased meat, 3 from unwholesome fish, 2 from improper food, 1 from unripe berries, 1 from raw beans, 1 from putrid shrimps, and 1 from mussels. There are many more such curiosities which we cannot stay to analyse; but there is a significant entry of 215 deaths under mechanical injuries from horses and other animals, 197 males and 18 females. Not a week passes but we hear of some case of a farmer or labourer gored by a bull, under very revolting circumstances. The aggregate, so far as it can be surmised from this report, is a very unpleasant one. We should find it extremely interesting if the exact number of persons owing their death in this frightful manner directly to our animal indulgences could be set down before us in figures.

All will be glad to hear that there is no further cause for anxiety as to the health of Professor Newman. He is much better—in fact, at work again as usual.

Run Away from Home, by H. A. Dallington, is a threepenny temperance tale issued by the Temperance Press Association (3, Jerusalem Passage, E.C.). The *Crusade*, a high-class temperance monthly, is printed at the same press. Both have our cordial wishes for their success.

High in quality—perfect in execution—seems to be the standard which Mr. A. Grinold (Thorne, Doncaster) has set up in that neatest of temperance journals, the *Thorne Temperance News*, and it is well maintained in the January number before us, which commences the sixth volume of Mr. Grinold's modest but most commendable and worthy monthly task.

On the 11th January Mr. W. E. A. Axon delivered the first of a series of lectures in the reading room of the Peel Park Library for the purpose of showing the use and value of the collections of books, objects, and paintings contained in the building as aids to the study of literature, science, and art. Mr. Alderman Davies, chairman of the Parks and Libraries Committee, presided, and there was a large attendance.

THE "ECHO."—Quite an exciting discussion has been going on in the *Echo* for a week or two past. Professor Newman, Dr. Drysdale, Dr. T. R. Allanson, and others having taken part. Some of the utterances are well worth reproduction, but this we cannot manage until next month. Our president has taken a very brave stand in it, and all readers of the *Echo* are much indebted to him for having this matter of diet so well ventilated in the paper.

"HOUSE AND HOME."—We are sure many of our readers will be pleased to hear of the revival of *House and Home*, which was published by Mr. Pearce last year, and for a time suspended. Its previous issue contained very frequent references to the subject of diet, and writers from our standpoint were most liberally treated. We notice amongst the contributors Professor Mayor, Rev. C. H. Collyns, Dr. Lees, Messrs. E. J. Baillie, of Chester, W. E. A. Axon, and R. Bailey Walker. We hope for this new venture something of the cordial support it received at the hands of many readers of ours last year, who don't like to wait quite a month for every piece of dietetic intelligence.

The citizens of Liverpool seem to have come in for a great opportunity, to the loss of the citizens of London. An enterprising Liverpool butcher managed to become the purchaser of the prize heifer, "Royal Rose," bred and fed by Her Most Gracious Majesty at the Royal Farm, Windsor. This unfortunate creature he exhibited alive for several days. At the end of that time this creature, "live weight one ton," was slaughtered, and this enterprising butcher probably succeeded in disposing of the carcase in sections to many of the loyal citizens and their wives. The Humane (or what *should* be Humane) Society appear not to have heard of the fact. We only knew it from an advertisement in the *Daily Post* of the 13th December.

STOVES.—As many of our readers are interested in the economical warming of rooms, in cooking by convenient ranges, and in the saving of labour to our households generally, we gladly call attention to the very excellently adapted series of ranges and stoves supplied by Messrs. Smith and Wellstood, of Glasgow. The "cottage range" is made in several sizes, costing from two to three pounds. Among "slow combustion" stoves is the "Glowworm," made in three sizes, and costing from 8s. to 25s. Further information may be obtained by anyone from the makers. Visitors to Manchester should also call in at 19, Blackfriars Street, where they can see the "Sunlight" cooking stove, supplied by Messrs. Chorlton and Dugdale. It has been commended for Vegetarian households, as using little fuel and baking whole-meal bread to perfection.

Some of our young friends have hard work at institutions. Miss Turner, a successful Queen's scholar, is now at the training school for mistresses at Tottenham, and, we are glad to hear, is coming on brightly, to the surprise of all, in spite of her non-flesh diet. Indeed, she received the award of two special prizes at Christmas last, one for needlework and cutting out, and one for the best botanical collection and arrangement of English flowers.

We mentioned some time ago that Mr. Godbold's Seaside Home had been rearranged, and specially adapted for Vegetarian visitors. We are glad to hear again and again from visitors who have spent happy holidays there, enjoying the choice scenery of Sussex, and the real home afforded them by Mr. and Mrs. Godbold. We cannot too heartily commend this opportunity to the attention of Vegetarians, who, seeking health or change of air, may be able to visit this pleasant part of the English coast under these very favourable conditions.

We are greatly rejoiced to hear of the return to England of the Rev. J. N. Loughborough, whose direct acquaintance we made first at our annual *soirée* in October, and who has been carrying the influences of our Society among all his friends in the United States. He left England in November last to attend meetings of his *confrères*, and has sent us from the other side a most cheering list of some thirty-four new subscribers for our magazine. We heartily welcome this bond between the two great countries, and record our thanks to Mr. Loughborough for his most earnest and kindly furtherance of our work.

PROFESSOR NEWMAN.—A short time ago it was stated that Professor Newman was ill. His many friends will be glad to learn he is quite well again. He is not only defending Vegetarian practice in the *Echo*, but has just revised the proof sheets of a pamphlet on the subject, which is curious as containing an attempt to introduce a fresh word into the language. Professor Newman calls his tract a "Lecture on Vegetarianism, or the *Vem* Diet." The origin of this mysterious word lies in an observation by Professor Jarrett, of Cambridge, who said to Mr. Newman, "I will give your diet its true name, vem—v for vegetable food, e for eggs, m for milk." Professor Newman adds that in adopting this appellation he has not the sanction of the Executive of the Vegetarian Society, but, using his private liberty, he intends to call their rule the "vem" diet until the executive discovers or invents "a truthful title," since "Vegetarian is misleading and opens us to just complaint." It remains to be seen whether Professor Newman will succeed in giving currency to his new word. It has, at all events, the recommendation of brevity.—*Manchester Guardian*.

THE VEGETARIAN ALMANAC FOR 1882 reached us on the eve of that year. It is the work of an earnest friend, and merits our commendation. It is, as before said, rather an almanac for non-Vegetarians, and is exceedingly well adapted for them. An almanac or annual for Vegetarians it will be the Society's duty again to issue, as during its earlier years, when the strain on its few workers shall have become less exacting. But this apparent shortcoming of our own renders it the more our duty to thank Mr. Herron for having meantime done so much towards filling up the gap. The distinctive matter of the publication comes first, and is followed by a bright, well-printed calendar, full of varied and interesting selections. The first twenty pages comprise articles on "The ills of flesh-eating," "The Gout," "Law and Gospel," "The Flesh-eaters' Stronghold," "The Royal Humane Society," "What we are coming to," "Butchers and Doctors," "Vaccination," "Sugar," "The National Vegetarian Society," "Swedenborg," "The Golden Age," "Cooking," &c., &c. Our difficulty is, in most cases, to induce flesh-eaters either to read or to think upon these dietetic habits. Mr. Herron has met this difficulty usefully. If they read *his* almanac, they *must* think!

The British Women's Temperance Association, one of the most recently founded, but most really useful, among temperance organisations, after taking root widely in England, is becoming naturalised north of the Tweed. The Church of Scotland Women's Temperance Association, of which the Countess Dowager of Aberdeen has become president, is its latest development.

A neat collecting card for the Vegetarian Society (Dietetic Reform Society) has been invented by Mr. Howard Williams. We shall be glad to hear from any who will help the Society in this way. The Society is described as one for "promoting humaneness, refinement of living, national and domestic economy, hygienic and social reform" among all classes.

A second edition of the much-commended letter addressed to Dr. W. B. Carpenter by Mr. P. A. Taylor, M.P., on "Current Fallacies about Vaccination," has been issued. The edition consists of 100,000 copies, and, though the price remains at a penny, the pamphlet has been enlarged to forty pages. It is published by Mr. E. W. Allen, of 4, Ave Maria Lane, E.C.

"TAKING THE SHILLING" is a compactly-printed, almost miniature little tale of village life, founded on fact, and "dedicated to the Prime Minister and the Naval and Military Authorities." It is issued at twopence (London: E. W. Allen), and teaches its really terrible lesson in quite an attractive style. It is reprinted from the *National Independent*, and is the work of a modest young lady member of the Baker family.

The Butchers' Company entertained the Lord Mayor, the Sheriffs, Sir Sydney Waterlow, M.P., and other dignitaries to a dinner at their hall in Eastcheap on the 1st December. In addition to the customary toasts, was proposed, "The Worshipful Company of Butchers, root and branch; may it flourish and continue for ever!" And they might properly have added, "may Eden languish, and the gates of Paradise never open to gladden a blood-stained Earth!"

The *Caterer and Hotel Proprietors' Gazette* for 15th November, gives, in reply to repeated requests from subscribers in the country "to indicate the dishes most likely for Vegetarian establishments," a list, with suggested prices, from which to arrange a daily bill of fare. No less than eighteen soups are mentioned (3d.), nearly forty savouries, including haricots, lentils, peas, marrows, mushrooms, macaroni, Yorkshire pudding, hot-pot, potatoe pie, oatmeal porridge, and food of health (4d.). Also a large selection of milk puddings and pastry (3d.). We look upon this as a good sign.

The "Ladies' Column" of the *Dundee Evening Telegraph* of December 13th contains a letter on Vegetarian cookery. The writer had been to a banquet held under the auspices of the Scottish Food Reform Society, in Glasgow, and gives a good account of the dishes prepared. She seems to despair of being able to cook as tastily at home, and deplures the popular ignorance of vegetable cookery. She asserts that men are more ready to adopt Vegetarianism than are women, because they know nothing of the difficulties of cooking, and only see the economy of the system. We think she will see her way more clearly after further inquiry.

EBB AND FLOW.—According to the London correspondent of the *Manchester Examiner* (December 29), "Vegetarianism does not appear to be gaining ground in London, nor do some of its advocates seem entirely consistent in their action. Some time ago a company opened several Vegetarian restaurants in various parts, the principal of these being in the Farringdon Road. I learn that the directors have now resolved to devote the largest room on these premises to the supply of animal food." Not quite accurate we believe, much less fair, to reckon every restaurant keeper as an "advocate," and thence to argue as to his not being "entirely consistent."

AMERICAN MEAT SUPPLIES.—General industrial prosperity, full employment, and good wages throughout America increase the home demand for all descriptions of food, and hence diminish the surplus for exportation. Western prices for breadstuffs and provisions have advanced. Since harvest, wheat has frequently been as dear in New York, occasionally even in Chicago, as in Liverpool or London.—*Provisioner*.

THE FOOD WE EAT.—The nutritive value of various foods is a subject that has been much inquired into by chemists. Many analyses and investigations have been made. These have been collected by Professor Atwater, of the Agricultural College for the State of Connecticut, who has prepared from them a table of such values. The most striking fact in connection with this table is the high nutritive value of the very cheapest foods, and the smaller value of the high-priced luxuries now so fashionable.

The annual report of Mr. Bryden's Mission Coast Home, Saltcoats, N.B., for 1881, is of a most interesting character. The number of admissions during the year has been 1,140 (635 males and 505 females), and the income of the institution £1,332, each patient remaining on an average for three weeks. "There was one death during the year." How carefully the institution is managed will be evident from the statement that the cost per inmate per week for diet is 3s. 7d., or, including the necessary working expenses, 5s. 2d. No wonder the income is found equal to the expenditure!

At a lecture given by Mr. E. W. Darby, under the auspices of the Leeds Butchers' Association, entitled "The Knight of the Cleaver," Mr. Darby remarked that the poets, especially Pope, Gay, Armstrong, and Goldsmith, had often protested against the slaying of beasts for the food of man, but had nevertheless partaken of their beef steaks with as much relish as anyone. At one time a butcher was excluded from serving on juries, as it was said that the shedding of animals' blood would make him less averse to the shedding of the blood of his fellow-creatures. The lecturer asked, if the butcher was to be regarded as such a cruel person, what must be thought of those who compelled the butcher to pursue his vocation by requiring flesh for food?

ENGLISH TEA.—We have had brought to our notice a commendable attempt to replace Chinese tea by an English article made by Messrs. Pannett, Neden, and Co., 204, Stewart's Road, Wandsworth Road, London, S.W., who seem to give their attention to this class of business. We don't see why the attempt should not be made, and made successfully, though we hardly think this one is likely to prove acceptable; but we should not like to discourage the makers, and hope they will persevere in their attempt. There must be quite as good herbs in Britain as in China, and these being of British growth, must be more suitable to the British constitution than any foreign herb. Correspondents who wish to make an experiment will perhaps communicate with Messrs. Pannett and Co.

AN ACKNOWLEDGMENT.—A well-meaning lady has written and published a little book on "the perfect way in diet," of which some witty critics have seen fit to make mincemeat. In spite, however, of any quantity of laborious fun, Vegetarians will probably continue to eat their brown bread and onions, their stewed lentils, and their stuffed tomatoes with as much relish, and to think them "perfect diet" with as little shame as ever. Vegetarians and bearded men were at one time classed together with Chartists and schismatics; but schism, both in opinion and practice, is now at its ease among us, and, while beards may flourish in wild Nazarite luxuriance on the male face without remark, Vegetarianism walks abroad and makes disciples without fear of molestation or of ridicule. Like other "isms" which have come out of seclusion to influence the lives of men, it has lost its ascetic aspect; it has modified its rigid rule, and adapted itself more to human needs, and has become surprisingly popular.—*Pall Mall Gazette*.

Foreign.

The *Vereins-Blatt* states, on the authority of a French journal, that the noted Tscherkessen leader, Chamyl, lives entirely on wheaten bread made with milk, together with honey, rice, fruits, and tea, his health being all that can be desired.

From the *Vereins-Blatt* we learn that Herr Baltzer has resigned his position as pastor of the church at Nordhausen, which office he has filled for fourteen years. Groetzingen, in Baden, is the place he has chosen for his residence, and he states that his increased leisure will be devoted to the propagation of the Vegetarian cause. He also mentions his intention of enlarging the *Vereins-Blatt*, and issuing it more frequently, so as to increase its usefulness.

At a recent meeting of the French Vegetarian Society, announcement was made of the speedy publication of a Vegetarian cookery book for the middle classes, prepared by a lady, said to be a *cordon bleu*. At the same meeting the president (Dr. Goyard) was informed that a number of friends to the cause in Switzerland had forwarded for his acceptance an album containing Swiss views, as a slight testimony of the value of his services during his recent visit to Switzerland.

The *Journal Hygiénique*, published in Vienna, contains an article on the treatment of diabetes, by Dr. Düring. The author states that the plan he has adopted of exposing the patient as much as possible to the action of air and water, taking active exercise, and adopting an almost exclusively vegetable diet, has been attended with the happiest results. Dr. Wolbold, of Dresden, confirms the above, and adds that he has found benefit to result from the suppression of even the small amount of flesh-meat and wine allowed by Dr. Düring.

We have been favoured with the perusal of the last number of the *Wochen-Blatt*, a small weekly newspaper published at Oppeln, in Silesia. As some proof of the wide-spread interest in the subject, we may state that nearly one-fourth of that number is devoted to a defence of Vegetarianism, in opposition to the views on food put forth by a recent lecturer in the town, who had commended a mixed diet as most suitable for man. The writer of the article appears to be thoroughly conversant with the arguments and facts generally employed in England, quoting in addition the case of Rabbin Hirsch, recently deceased at Gross-Strehlitz, at the advanced age of 108, who, having entirely discontinued the use of flesh-meat when 60 years old, lived for 48 years afterwards in health and serenity of mind. The article concludes with a mention of the titles and prices of some of the more elementary works on Vegetarianism, amongst which we are pleased to notice Smith's "Fruits and Farinacea."

The *Devoir*, a weekly journal devoted to the discussion of social questions, and the organ of the remarkable *cité ouvrière* in Paris, called *Le Familistère de Guise*, having favourably reviewed Professor Raoux's *Manuel de Végétarisme*, the importance of the subject to the working classes generally is more fully discussed by Dr. Goyard in the last number of *La Réforme Alimentaire*. In the course of the article Dr. Goyard refers to the oft-cited statement about the English navvies employed in the construction of the Paris and Rouen railway, who, highly fed on flesh-meat and wine and beer, were able to get through a larger amount of work than the French labourers fed in a more simple manner, but who, when fed like the English, were found capable of doing a similar amount of work. Dr. Goyard doubts, however, whether the plan of high living, with excessive labour, is so profitable in the long run as more moderation in both respects, a view which he thinks is somewhat confirmed by the fact that workhouses exist all over England for the reception of the working classes, worn out before their time, no such institutions being found necessary in France.

We have received a copy of the statutes of the recently-established Vegetarian Society in Vienna, which seem admirably adapted to their intended object.

We have before us a copy of Hartung and Son's (of Rudolstadt) list of publications on Vegetarianism and kindred subjects, amounting to nearly 150 in number.

According to the Russian journal *Novosti*, an agent of the American Vegetarian Society has arrived in Russia charged with the mission of opening Vegetarian restaurants in various localities in that country.

La Réforme Alimentaire contains a second article on the advantages, both physical and moral, of moderation as respects both labour and food, wherein the author (Dr. Goyard) expresses his opinion that the French artisan has an advantage in both these respects over his English rival. The entire discontinuance of flesh-meat, in Dr. Goyard's opinion, would naturally lead to an improvement in many other respects in the condition of the working classes.

The *Naturarzt* contains a laughable account of an official visit paid to the writer by the police for the purpose of making inquiries into the alleged ill-treatment of his infant son. The author, Carl Diefenbach, residing in Munich, having doubts as to the possibility of rearing the child on account of its great delicacy, was in the habit, it appears, of exposing it to the action of the sun and air by placing it at the open window divested of clothing. The result appears to have been remarkably satisfactory, the health of the child having since much improved.

La Réforme Alimentaire contains a letter from Mr. R. Bailey Walker, giving an interesting account of the position and prospects of the English Vegetarian Society. The same journal mentions the case of Armand David, an old soldier, who died in Paris lately at the age of 110. Dr. Anselmier states that he was very frugal in his habits, living principally on bread soaked in water slightly impregnated with alcohol. He had received no less than forty-nine wounds in his various campaigns, his death being ultimately accelerated by the confinement rendered necessary by a slight hurt which he had received.

In an article on "Vegetarians from Instinct" in *La Réforme Alimentaire*, Dr. Bonnejoy quotes the case of his own father, who died at the age of eighty-eight of sheer old age, who cured himself of a stomach disease at the age of thirty-five by the use of milk, a vegetable soup, and home-made beer. In after life his food consisted almost entirely of vegetables, with a small quantity of wine mixed with water. The writer of the article states that such is the course of life pursued in his own family, their food consisting of fruits and vegetables from their garden, with the milk from a goat, and that his children are remarkably robust in consequence.

The *Vereins-Blatt* contains an exhaustive article on edible birds'-nests, by A. von Seefeld. From his account the nests are formed by a species of swallow inhabiting the Indian Archipelago. They are bowl-shaped, somewhat flattened on the side where they are attached to the rocks, about the size of a tablespoon, formed of a mucous slime secreted in the stomachs of the birds, though whence derived appears to be a disputed point, some maintaining that the material is obtained from the seaweed which abounds in those localities. The nests are white or yellowish, dry and hard, and of an insipid taste. They are added to soups to render them thick, the feathers being previously separated by straining, and are much employed by the Chinese. Agar-agar, an article similar in appearance, and having the same properties, has been employed for the last ten or fifteen years in Germany for jellies in the place of calves' feet. It is supposed to be made from sea-weed, and can be used like carrageen. When prepared with fruit syrup as a jelly, and cooled with ice, agar-agar is a delicacy by no means to be despised. The author gives recipes for its preparation.

We learn that Herr Fritsche, encouraged by the success of similar establishments in Berlin, Leipzig, and Vienna, is about to open a Vegetarian restaurant at Halle.

COLOGNE.—We are glad to hear of a public dinner given in this ancient city by the Vegetarian Society of Cologne, in the Town Hall, and also lectures on the subject by Dr. Dock.

Herr Schreiber writes to the *Vereins-Blatt* to the effect that he and those other members of the committee who accompanied him are now engaged in making inquiries on the spot as to the suitability of Belize, in British Honduras, as a locality for a Vegetarian colony. He states that they have met with every encouragement, and advises his fellow-countrymen in Leipzig and elsewhere to make arrangements for joining them early in the spring, promising that he will write again detailing the progress made.

Judging from a lengthy article on the subject in the *Vereins-Blatt* by Herr Lill von Lillienbach, the plan of spending six hours daily in school, with numerous home-lessons in addition, is producing sad mischief among the youthful portion of the German people. The evils complained of are by no means of recent origin, Dr. Lorinser having written a work in 1836 on the protection of health in schools, but the increasing pressure exerted on the children seems to be productive of even more mischief than was formerly the case.

From Professor Raoux's recently published *Manuel d'Hygiène Générale* we extract the following analysis of the vegetable milk from the Palo de Vaca (*Brosinum galactodendron*):—

	Cream from Cow's Milk.	Vegetable Milk.
Butter	34	35
Sugar.....	4	3
Phosphates, Casein, and Albumen...	3.5	4
Water.....	58	58
	<hr/> 99.5	<hr/> 100

The *Berliner Blätter* contains an article on the new kind of bread invented by Dr. Bazzoni, which appears to consist of a mixture of flour and flesh extract. The invention has not, however, met with universal approval, Professor Pagliani, director of the Turin Hygienic Laboratory, with other well-qualified judges, having expressed disapproval of the so-called Panecarne. The same journal contains a full account of the various propositions made at the recent annual meeting in Berlin, when also it was decided to utilise, as far as possible, the hygienic exhibition which is expected to be held in that city during the present year. A member from Strassburg stated that it was arranged to open a Vegetarian dining room there with dinners at about 6d. per head.

The *Vereins-Blatt* contains an article by the editor on the nutritive value of beans, peas, haricots, and lentils, the consumption of which the writer observes is not proportionate to their dietetic value, which surpasses even that of the cereals. Lentils particularly are regarded with disfavour by many, which the author thinks is perhaps owing to their smallness preventing due mastication. The plan recommended to obviate this inconvenience is that of cooking them well in water, without the addition of salt or any other condiment, macerating them previously in cold water, and then throwing them into boiling water. The great thing appears to be to reduce them to a *purée* of a medium consistency, neither too thick nor too thin, and, to assist in their insalivation, the use of Graham bread at the same time is recommended. The editor expresses his complete satisfaction with the products of the patented process of Knorr and Co., of Heilbronn, which appears to have the effect of rendering beans, peas, &c., capable of being used as food by the most delicate constitutions.

Gleanings.

BENGALI MARKETS.—“One row you see entirely filled with greens and other vegetables, the names of which it were endless to mention, for of greens the people of Bengal eat an infinite variety, excepting only those which are poisonous or noxious in any other way. As to other vegetables, their name is legion; greens and other vegetables, indeed, need to be numerous, for Bengalis are almost thorough Vegetarians, the only *animal* food they use being fish, milk, and clarified butter.”—*Govinda Sámanta, on Bengal Peasant Life*. Macmillan, 1879.

EDWARD AUGUSTUS HOLYOAKE, M.D., born August 1, 1728, (O.S.); died March 31, 1829, upwards of 100. Physician, anatomist, surgeon, astronomer; born at Essex, Massachusetts. Never 50 miles from the spot. Twice married, numerous offspring. Kept meteorological observations for 80 years. At 92 performed the operation of paracentesis, tapping for dropsy. In a letter written in 1828 he mentions that he was blessed with an excellent constitution; maintained his health by constant exercise; between 30 and 80 always walked when visiting his patients; not particular as to diet, but temperate as to quality; he had a good set of teeth, but gradually lost them all by the time he was 80; cheerful temper, and kept his passions under control; ascribed his longevity, in part, to always having taken care to have a full proportion of sleep; *he ate very freely of all kinds of fruit*. Hearing and memory were impaired for the last 30 years of his life; but even when more than 100 he took interest in medical subjects, and wrote letters. At 45 he required the aid of convex glasses, using them for 40 years, when his eyes gradually improved, and at the time of his death he was able to read the finest print without the help of spectacles. The medical men of Salem and Boston gave him a public dinner when he reached his 100th birthday.—*Popular Cyclopædia*.

ONE RESULT OF HUMAN CARNIVOROUSNESS.—The remarkable bird, the *Nestor notabilis*, or Mountain Kea, of New Zealand, is a parrot of strong frame and powerful bill and claws, which were used like those of all parrots for obtaining a vegetable diet, *until the colonists introduced sheep and pigs*. As soon as this was done the Kea seems to have abandoned vegetable food, *and to have taken entirely to flesh-eating*. He attacks sick or dying or disabled sheep, and with his powerful cutting beak opens a passage through the back, and eats the intestines. Even healthy animals are sometimes assailed by the *Nestor notabilis*, and there are sheep-runs in New Zealand *where considerable losses have been incurred through these strange birds*. The specimen in the Zoological Gardens gave as much trouble to capture as an eagle, tearing the clothes of the shepherd who knocked it down while pouncing on a lamb, and lacerating his hands. The Kea scorns cooked meat, biscuits, fruit or seeds, and likes raw mutton better than any food. He will tear the skin and flesh from a sheep's head after the furious fashion of a vulture—leaving nothing but the bare skull. He at one time holds the morsels in his lifted claw, after the style of parrots, and at another grips them under his feet while rending with his feet like a hawk. This is a curious example of change of habit, *for there is every reason to believe that before sheep and pigs were introduced into New Zealand the Kea was as frugivorous in its meals as most, if not all, other parrots*. He will now eat pork and beef as well as mutton, and has become in fact, utterly and hopelessly carnivorous. It is to be feared, after this example, that temptation is often fatal to birds and beasts as well as man. Had it not been for Captain Cook and the English sheep flocks, the *Nestor notabilis* would have lived and died innocent of crime; but now its bloodstained carcass is suspended outside many a sheepfold near Otago.—*Daily Telegraph*.

DIET OF SEAMEN IN THE ROYAL NAVY.—Per diem : 1½lb. biscuit or 1½lb. soft bread (white), 1lb. fresh beef, ½lb. vegetables, 1oz. cocoa, ¼oz. tea, 2oz. sugar, ½ gill rum. If on salt provisions, 1lb. salt pork, ½ pint split peas, per diem, and 1lb. salt beef, 9oz. flour, ¾oz. salt, 1½oz. raisins, on alternate days.

NEVER TRY to hurry Providence. It will come in due time—whatever it is—the something that is to fill your life and satisfy your heart. It may be something utterly different from anything you dream. Don't take up with any less thing and think it will do. It never will do. God will send your great gift in due time.—“*Faith and Patience.*”

THE ZANZIBAR PORTERS, who have been so frequently vilified till they have appeared the very incarnation of all that is bad in man, acted like heroes. Though there are few people who have a keener delight in gorging themselves with food, yet they have a power of enduring abstinence which is truly astonishing. When on the march, they never, under any circumstances, take more than one meal a day. They start with empty stomachs, march all day with them empty, and only begin to fill them towards evening. Curiously enough, whenever they remain a few days at any place, doing absolutely nothing, then they think their fate is very hard [if they do not get three meals during the twenty-four hours. I observed it to be invariably the case that when working, one meal sufficed, though they might have had more ; while, when they were idle, they would have three !—JOSEPH THOMSON, “*To the Central African Lakes and Back.*” (Vol. I., p. 208).

DIET OF CHILDREN.—“Growing youths and children do not need large quantities of flesh food, and they do not need beer or wine if they are fit persons to be away from home at a boarding-school. They need a much larger quantity of milk than now, and they ought to have always upon the breakfast and supper table a dish of nicely-made oatmeal porridge and good milk, both which they can take *ad libitum*. Breadstuffs and milk provide those materials which young growing folks need, and these articles are much neglected in school dietary. . . . The food, while extremely simple, should include at dinner more vegetables than at present. Two kinds should always be on the table, and the children should be encouraged to help themselves without stint. The cooking should be perfect, and the food served hot and fresh. Yesterday's bread, not too white, should alone be used.”—JAMES EDMUNDS, M.D.—Letter to the *Times*, 4th October, 1881, on “Ladies' Boarding Schools.”

PALM OIL.—Palm Oil is a fatty oil of the consistence of butter, of a rich orange colour, sweetish taste, and odour like that of violets or orris root. It is the product of the fibrous fleshy coat of the drupe or stone fruit of the palm known as the *Elaeis Guineensis* of West Africa, belonging to the tribe of cocoa-nut palms. The same oil is also obtained in Brazil, Cayenne, and the West Indies. To obtain it the negroes bruise the fruit, and cover it with boiling water, upon which the oil rises, and is skimmed from the surface. It retains the colouring matter of the fruit, which is removed in subsequent treatment of the oil in English factories, either by bleaching in shallow vats on the surface of hot water, or by various chemical methods of treatment. Palm oil is used in the manufacture of soap and candles, and in various kinds of axle grease. It melts to a very thin fluid at temperatures varying from 75 deg. to 90 deg. Fahrenheit ; the older it is, the greater is the heat required to melt it. It consists of margarine, oleine, and a solid fat resembling stearine, and called palmitine, which constitutes about two-thirds of its weight. The soaps made with palm oil retain its natural agreeable odour. In Africa palm oil is eaten by the natives as a sort of butter. In medicine it is employed sometimes as an embrocation.—*The Oracle.*

LITTLE GARDENS.—At Weimar are little gardens out of the town, where the people go in the evenings or leisure days, with their families, *cultivate them themselves*, and gain health and information thereby. I have often wished such an example were followed in England, and I am sure it would well repay a proprietor of land near a town to form little gardens of a rood or more, according to demand, lay it out prettily with fruit trees, flowers, and vegetables, with a hut or some sort of a temple to drink tea in, and afford shelter. This would supersede the alehouses on the part of men, and give agreeable employment to women and children.—LADY VAVASOUR.

DIET *versus* DRUGS.—In the hospital practice that I have been for some time past actively engaged in, the majority of diseases that have come before my notice have, I may say truthfully, required more treatment from a dietetic and hygienic than a medicinal point of view, and—without wishing to underrate the immense value of potent drugs in modifying the different functions of the system which have become disturbed during disease—it is impossible not to feel how hopeless these drugs are in the hands of the most skilful physician, unless the diet and hygienic surroundings generally receive at least an equal amount of attention. There never has been a time when the medical man ignored altogether the indirect ravages of drink, but it is only within the memory of the present generation that the attention of the profession has been aroused to the direct contributions to disease, which not merely a chronic debauch, but the *continual* use of *moderate* (temperate) quantities of alcoholic drinks has afforded. But, thanks to the non-professional world!—to men in every walk of life—the storm of conflict is fast clearing the air of the obnoxious traditions on this subject.—GEO. L. JOHNSON, M.A., M.R.C.S., in the *Alliance News*.

Recipes.

MILK SOUP.—Take 4 large potatoes, peeled and cut in quarters, 2 leeks freed from the green tops of the leaves; cut up, put them into two quarts of boiling water with 2oz. of butter, $\frac{1}{4}$ oz. salt or pepper to taste; boil till done to a mash, strain through a colander, and rub the vegetables through with a wooden spoon, return the pulp and soup to the saucepan, add one pint of milk, and put it on the fire to boil; when it boils, sprinkle in by degrees 3 tablespoonfuls of crushed tapioca, stirring well all the time. Boil frequently for 15 minutes, and serve in a hot tureen.—J. N.

STEWED RAISINS.—Take 1lb. of table or pudding raisins; pick them free from stalks, cover in a dish with cold water, steep all night, put them in a stewpan and bring the water to the boiling point, then simmer until the skins are quite tender; turn into a dish to cool, and they are ready for use. This, with bread, is an excellent dish for persons of weak digestion or for invalids. If half a pound of figs, each cut into four parts, be stewed with the raisins, the liquor will be rich, syrupy, and delicious.—W. H. CHAPMAN, in the *Warrington Guardian*.

HOW TO COOK FRENCH HARICOTS, PEAS, &c.—Well wash and put the quantity of beans required into a stoneware stew jar, cover them with water, and place in an oven. As soon as the beans have absorbed the water, add a little more as required until they become sufficiently soft, which will take about three hours, no more water to be put on than the beans will absorb. *The flavour and richness of the beans will be preserved by this method, which is much superior to boiling them.* Whole and split peas are also much finer so cooked, and lentils likewise. They may be heated over again, and are equally good, previously adding a little water. Where there is no oven a double pan will answer the same purpose.—T.

SUBSCRIPTIONS AND DONATIONS—Continued.

ix

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NOTICES AND CORRESPONDENCE.

** Index for 1881 will appear next month.

CATENA.—Wanted, pages 1-4 Catena, from D. R. for 1877.

 For further List of Members and Associates see March number.

Who is "Dagbert"? Will he send his name and address to the editor?

MANCHESTER.—Monthly Social Meeting, Saturday, 11th, February.—See fuller announcement on p. iii.

URGENTLY WANTED.—Copies of January, 1880, 1881, 1882, to complete sets; other publications in exchange. Address to the Secretary.

LIVERPOOL.—Public dinner on Thursday, 9th February, at the "Excelsior," South Castle Street Tickets 1s. each. E. S. Hyatt.

PECKHAM.—"L. H." asks where in Peckham she can buy a good brown loaf at a asonable price. She will be grateful for any information.

LIVERPOOL.—Debate on "Vegetarianism," on Tuesday, 21st February, at Pembroke Chapel, when members of the Liverpool Society are invited to take part.

LONDON, N.—Those willing to help in promoting Food Reform in North London, will please communicate with Mr. W. F. Keen, 62, Thornhill Road, Barnsbury.

"IS THE LAND OVER-POPULATED?" should be placed in the hands of politicians of all shades of party opinion. See also "Corn or Cattle," by W. E. A. Axon.

RYE BREAD, of superior quality, made in York, can be obtained at Annacker's, Oxford Street (near All Saints), Manchester, or from the Household Stores Association.

GRAHAM'S SCIENCE OF HUMAN LIFE.—The pages of this work, 1-20, can be supplied freely to any reader and a very few of the others. The volume is reprinting.

MANCHESTER.—Social Meeting at 56, Peter Street, on Saturday, 11th Feb., at 5 o'clock; Tea 9d. each. Ladies invited. (Probably) Paper by Mrs. Dr. Kingsford and Mr. A. T. Carr.

W. BOYER, TASMANIA.—Very much obliged for your letter and kind subscription. We have corrected your address, and hope all things will reach you regularly. If not so, please let us know.

Mr. Richard H. Sutton, Bookseller, 130, Portland Street, Manchester, has on sale a copy of "Smith's Fruits and Farinacea," first edition, 8vo, cloth, published by Churchill in 1845. Price is 5s.

UNITED STATES.—The Rev. George Rogers, Baptist Minister, Money Creek, Minnesota, U.S.A., has kindly promised information to any Vegetarian wishing to emigrate to that part of the United States.

MILK.—"E. C. L." commends to us the new preparation of "unsweetened condensed milk, concentrated without sugar," prepared in Switzerland, and said to keep for a long time. It can be had from R. Lehmann & Co., 106, Fenchurch Street, E.C.

THE EXECUTIVE COMMITTEE meet for business at 56, Peter Street, Manchester, at 6 o'clock, on Wednesday evenings, 11th January, 15th February, 15th March, 19th April, 17th May, 21st June, 12th July, 9th August, 13th September, and 4th and 11th October, 1882.

CHESTERFIELD.—Vegetarians in this town and neighbourhood who are willing to aid in the formation of a Branch Society, or in otherwise promoting the principles of Vegetarianism, are invited to communicate with E. H. Hammond, Valley Road, Spital, Chesterfield.

"E. S." (Sutton) asks "what proportions of vegetable oil (say olive oil) should be mixed with flour instead of lard or butter to make ordinary good pastry for tarts, &c." "E. S." will also find useful instructions for pastry in the Dietary and other books of Vegetarian cookery.

COMMUNICATIONS for the Editor should be written on slips separately from letters to the Secretary, and should be received before the 10th of each month. ALL communications, whether for the publishing, editorial, or secretarial department, to be addressed to 56, Peter Street, Manchester.

THE BADGE.—*Ann Abbott (Leicester)* suggests "a piece of silver the size and shape of a florin, with the impression on one side of a bunch of grapes and the word *health*, and on the other an apple, a pear, and a plum, with the word *happiness*, and to be worn by either ladies or gentlemen, as pendants."

FATS.—Have fats any other important function in the process of digestion than that of evolving animal heat? Could they not entirely be dispensed with, being rather hard of digestion, if carbonates such as starch and sugar be substituted. I should like to see the opinion of some competent person.—"D.S."

A friend commends to us the *Shilling New Zealand Handbook*, or "Guide to the Britain of the South," published by Edward Stanford, 6, Charing Cross. We prefer to see our friends make their colonies at home, but any who are considering as to change of country might usefully read this attractive handbook.

WE ARE PROGRESSING.—"The Vegetarian restaurants in London cheer one's heart. I was thankful to see you speak of the need of careful cuisine for our crusade. It is the chief question I find, where to get cooks for our staples? The growth of good fruit is a great matter too."—W. S. Manning [to Professor Newman].

FORM OF BEQUEST.—"I give and bequeath to the Treasurer of the Vegetarian Society for the time being the sum of _____, to be applied to the purposes of the Society, which sum I direct shall be paid, free of duty, out of such part of my personal estate as may be legally devoted by will to charitable purposes."

"E."—To Sunday School Teachers and earnest Christian Workers you cannot do better than present copies of the "Address on Christian Missions," "Tea Meetings," the "Testimonies of Missionaries," and the "Two Dietetic Experiences." If these can be read, they can hardly fail to carry conviction. You can have copies free on application to our office.

A PROTEST.—Two very old and good friends report that they "think D. R. less readable and more likely to encounter prejudice from the prominence given, often needlessly and injudiciously, to anti-vaccination and anti-vivisection, the latter offering no strong ground against those consumers of meat" who do not share these objections.

"T. A. Clark" wishes to know what can be said about the theory entertained by some of "ready-made fats" and their necessity in the case of certain constitutions. In relation to the processes of digestion and assimilation we fail to see that there can be anything ready-made, whether carboniferous or nitrogenous. The wants of the system and its power to appropriate are limited. It is demonstrable that a properly selected vegetable diet is sufficiently nutritive and stimulating.

SALAD GROWING.—"T. J." has heard that salads can be grown in houses, on damp cloths, &c., fixed in small baskets or boxes, and in other ways. This he thinks a boon to dwellers in towns; also that there are devices for making this practice beautiful as well as useful. Will anyone possessing practical experience give our readers the needful information for its cultivation in the household, and the various kinds that may be thus grown? Can watercress be thus managed?

An "Old Subscriber" should have given his name. We have frequently advised, both through these columns and privately, as to cases of our friends who had fallen ill through this error or the other in dietetic or other habits of life. A course of hydropathic bathing would be sure to favour your recovery, with any simply prepared fruits, no vegetables, and something carbonised, toast if you have nothing else at hand, to correct the acidity you complain of. Oatmeal porridge, too, should not be forgotten. It is impossible to say more here except to caution you against too frequent eating, and to encourage the utmost moderation in quantity.

A BOOK SUGGESTION.—There are many interesting books received by you from time to time which one might like to read, but cannot afford to buy; besides being specialities they are often difficult to obtain. Could no dépôt be formed, where, after the manner of a circulating library, they could be borrowed for a time on payment of a small sum? Would not the office of the "Food Reform Association" be a central and accessible locality? Pray ventilate the idea.—B. M., London. [With the aid of our friend, Mr. G. W. Gulliver, we do not see why this want should not be done. Will friends correspond with him at 33, Alexandra Road, Westbourne Park, N.W.]

"W. D." (London) urges Vegetarians to "go hand in hand with the movement for the abolition of compulsory vaccination. It is important that Mr. P. A. Taylor, M.P., should be backed up by a numerous signed petition when he submits his motion to the House of Commons. Will Vegetarians who do not wish to have the blood of their offspring poisoned, co-operate in the work of the London Society for the Abolition of Compulsory Vaccination, and write for form of petition to Mr. W. Young, 114, Victoria Street, Westminster, S.W." "W. D." probably forgets that there are Vegetarians who agree with even compulsory vaccination, though we think the opinion is all but universal that vaccination is unnecessary for Vegetarians, whatever it be for others of ordinary habits of life.

The Science of Life. A Pamphlet addressed to all who are or will be Teachers, Clergymen, Fathers. With letters from John Ruskin to the Author. "We cordially commend it as the simplest, purest, and most judicious advice on this subject that we have met with."—*Guardian*, August 1st, 1877. "All that you have advised and exposed is wisely said and bravely told."—*Letter from Mr. Ruskin*. Second Edition. Published by J. Burns, 15, Southampton Row, W.C., and A. R. Mowbray, Oxford. Price Sixpence. Also from 56, Peter Street, Manchester.

VEGETARIAN DINING ROOMS.*

LONDON :

The Alpha Restaurant, 429, Oxford St.
The "Garden" Restaurant, 24, Jewin St.
The "Arcadian," Queen Street, Cheapside.
The Shaftesbury Hall, 36A, Aldersgate St.
The "Apple Tree," 34, London Wall, E.C.

LIVERPOOL : 56, Old Hall Street.

BIRMINGHAM : "Garden" Restaurant and Fruit Store, 25, Paradise street.

STOCKTON-ON-TEES : 2, Workhouse Street.

BURNLEY : 10, Hargreaves Street.

MANCHESTER :

F. Smallman's Café Restaurant, 27, Old Millgate, and 3, Cateaton Street.

Vegetarian Saloon, Pall Mall, & Market St.

Y.M.C.A. 56, Peter Street (upstairs).

GLASGOW : M. Waddell's, 42, Argyle Street, 60, Union Street, and 35, Mitchell Street.

Arbuckle's Caledonian Restaurant, 6, Jamaica Street.

LEICESTER : 7, Halford Street.

BRISTOL : Misses Barraclough, 11, Lower Maudlin Street.

VEGETARIAN FOOD STORES.*

ANDOVER : Fred. R. Harvey, 7, London St.

BELFAST : Food Reform Co., Great Victoria St.

BIRMINGHAM : T. Furze, 36, Digbeth.

Alfred Hughes, 25, Paradise Street.

BURNLEY : T. Lomas, 10, Hargreaves Street.

CAMBRIDGE : The Arcade.

DERBY : Richard Binns, 19, Market Place.

DUNOON : J. T. Clark, St. Vincent Buildings.

HEYWOOD : J. A. Green.

GLASGOW : J. Callum, 58, Candleriggs.

Francis Spite & Co., 26, St. Enoch Square, and 35 and 233, New City Road.

LEEDS : F. W. Smith, 31, Meadow Lane.

LIVERPOOL : T. Canning, 9, Great George St.

MANCHESTER : F. Smallman's, Exchange Arcade, St. Mary's Gate, and Cateaton Street.

WEST HARTLEPOOL : W. Dunn, Bellevue.

* Additions to these Lists, or corrections of them, will be welcomed.

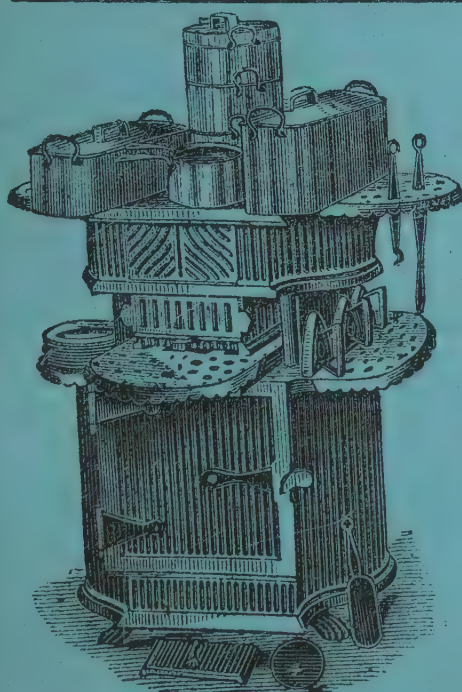
Dietetic Reformer, Penny Cookery, &c., may be had in **Leeds** from F. W. Smith, 31, Meadow Lane; in **Penryn**, Cornwall, from John Gill & Son, the *Advertiser* Office; in **Birmingham** from T. Furze, Digbeth; in **Bradford** from J. Whitham, 88, Govan St.; in **Dundee** from H. Macgregor, 86, High Street; and E. Littlejohn, The Pillars; in **Glasgow** from Mrs. Allan, 84, Mitchell St., and 31, Renfield St.; in **Dover** from Mr. Atwood; and in **London** from F. Pitman, 20, Paternoster Row, and from Nichols and Co., 429, Oxford Street, W.

CELEBRATED OIL,

6s. 8d. per Gallon,

As supplied to the principal Vegetarian establishments. Wholesale price on receipt of business card.

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Will do all the Cooking of an ordinary family with economy and despatch; the fuel required is 2 to 2½ cwt. per week if constant work.

Bakes wholemeal bread to perfection; see letter from a Vegetarian, copy of which, together with circulars, may be had from

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Sterling Silver Band Bracelets, in many styles, from ½ in. width upwards, 9s. 6d., 12s. 6d., 15s., 18s.

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Fruit Knives with Carved Pearl Handles and Silver (Hall marked) Blades, pretty presents, 2s. 6d., 3s. 6d., 4s. 6d., 5s. 6d.

Gold Rings (Hall marked), set with real Gems, from 5s. each.

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Gold Jewellery of every kind, in 9, 12, 15, or 18-carat Gold, at same low rates.

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Gold English Levers, strong cases, full jewelled, and all improvements, £8 10s., £9 10s., £10 10s., £12 10s.

Gold Keyless Watches, at £5, £10, £15, £20.

Silver Geneva, Ladies' or Gentlemen's, 12s. 6d.

Ladies' Silver Demi-Hunters, full jewelled, 30s.; size larger, 35s.

Ladies' Watch, tinted dial, 25s., 30s.

Ladies' Watch, crystal glass, silver dial, full jewelled, 30s., 35s.

Silver Levers, Ladies' or Gents' size, full jewelled, 50s., 55s.

Ladies' Keyless Silver Watches, full jewelled, 35s., 45s., 55s.

English Silver Levers, Ladies' or Gents' size, real first-class articles, £4, £5, £6.

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In Boxes of about 28lbs. and 50lbs., and Tins of about 14lbs. and 8lbs.

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DIRECTIONS.—Make like ordinary Coffee, using about a teaspoonful to a pint of boiling water. Add milk and sugar. N.B.—Plenty of hot milk added to the liquid Coffee, will make the delicious "Café au lait" (as procured in Paris) in perfection.

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Is adapted for home use, and is the best before the public for thoroughly making the wheat meal so essential for securing a pure brown loaf. Five minutes' grinding each day will supply a small family with flour for their bread.

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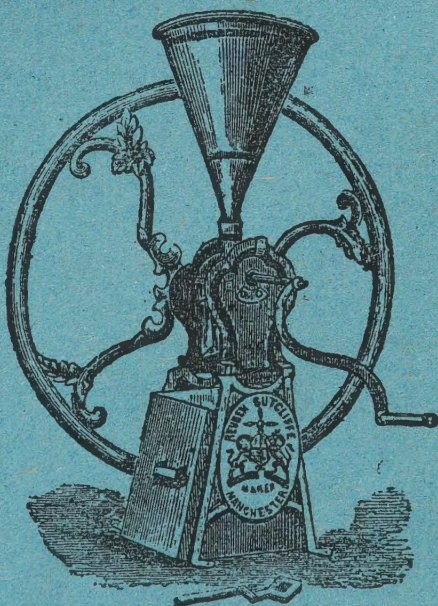
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54, Raglan Street, Newport, Mon.,
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Is the whole of the wheat. It contains more Phosphates than any other flour. Only requires mixing with water and a little salt, and baking in a hot oven to make the most nutritious bread. Is most agreeable and easily digested by invalids. Is the most wholesome food that can be given to growing children. No Barm or Baking Powder Required.

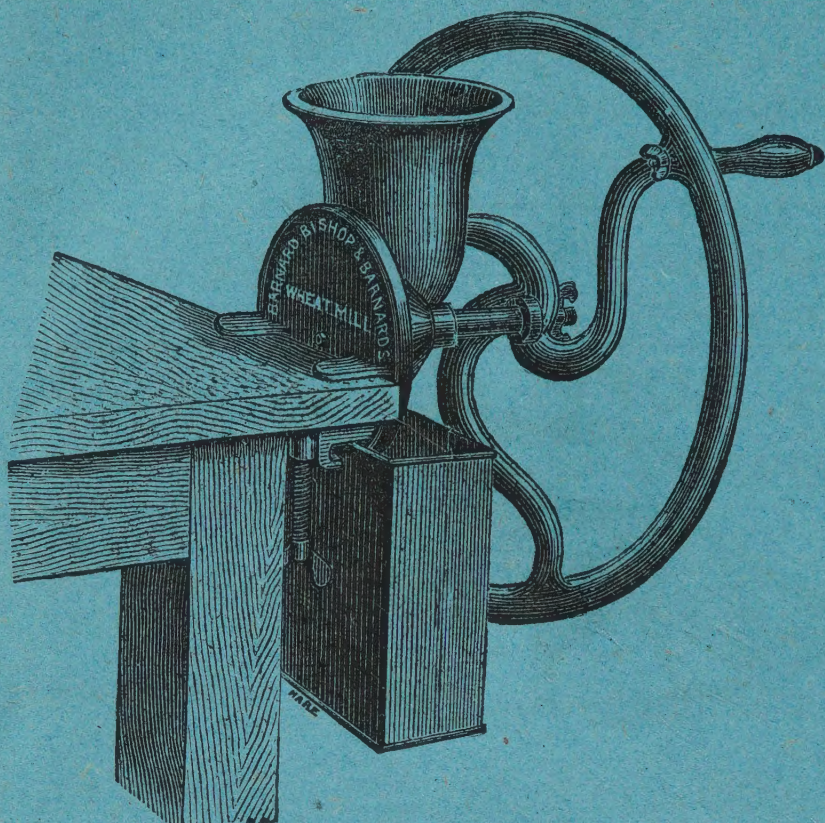
FOR BROWN BREAD.—To the flour add usual quantity of salt, mix well with cold water, to make dough of proper consistence, then bake in tins or on the oven bottom, as desired. Bake in a hot oven.

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Well suited for large households.

To facilitate the action of the Machine, and produce a thoroughly good sample of Meal, the Wheat should be dried in an oven previous to being ground; light bread is ensured by Wheat thus treated.

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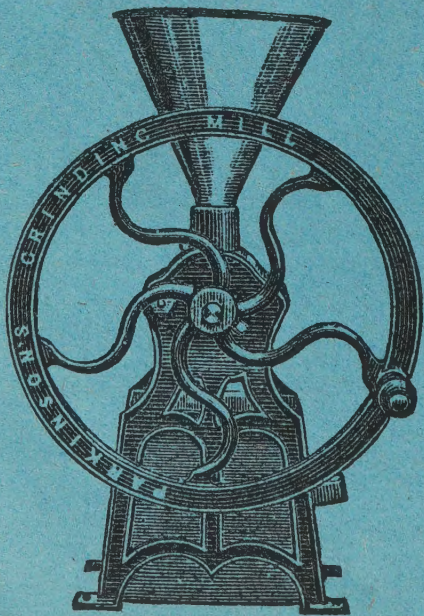
Entire Wheat Meal, ground in Steel Mills, from the finest English and Foreign Wheat only. Best quality and purity guaranteed. Price, 35lb., 5s. 8d. ; 5 stone, 10s. 10d. ; 10 stone, 21s. 3d. ; 20 stone, 42s. Bags free. Testimonials from all parts of the kingdom post-free on application.

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The "Matlock"
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The "Excelsior"
Bed-Rest.

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"The Oat furnishes more Food for Brain and Muscle than any known Grain."

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MADE OF THE CHOICEST MIDLOTHIAN OATMEAL.

TWO VARIETIES, quite distinct in style and taste.

THICK (Baked of Finely-Ground
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Average No. of Cakes in Tin, 35.

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"GENUINE," *The Lancet*. "ECONOMICAL," *Med. Times*. "NUTRITIOUS," *Br. Med. Jour.*

Theobromine and Gluten are the stimulating and flesh-forming constituents of genuine Cocoa. Dr. MUTER has made the following table of comparative values :--

	Cocoa Nibs, Genuine.	Cocoa Essence, Genuine.	Mixture No. 1, Starch & Sugar.	Mixture No. 2, Starch & Sugar.
Theobromine	0.90	1.20	0.43	0.50
Gluten	12.21	18.30	6.45	7.35

and adds: "Thus we clearly see the nonsense talked by those who, for reasons best known to themselves, are found to palliate, and even support in writing, the 'preparation of Cocoa by mixing it with starch and sugar.'"—*Analyst*, April, 1879.

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